

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

FOR

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

BY

**DR. VIRINDER SINGH
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A NOTE ON THE USE OF WILD ANIMAL ORGANS IN TIBETAN MEDICINE

GENERAL DISCUSSION:

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

a.	<u>Mammals</u>	<u>Number of Medicines in which used</u>
1.	Musk	32
2.	Rhino Horn	6
3.	Gallstone of Elephant	27
4.	Bear's Bile	13
5.	Deer's Antlers	5
6.	Wild Yak's Heart	3
7.	Rabbit's Heart	5
b.	<u>Reptiles</u>	
1.	Snake's eyes	1
2.	Snake meat	3
c.	<u>Invertebrates</u>	
1.	Oyster Shell	2
2.	Snail Shell	1
3.	Cowrie ash	2
4.	Coral	1
5.	Crab Shell	10

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

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

The exact number of wild animals species utilized is difficult to ascertain as there is no clear indication in many cases, such as the antlers of which deer species are being used or which is the species of crab, whose shell is recommended. The plants however are mentioned alongwith their botanical names. So only specific plants are prescribed

for use. In absence of such specification in case of animals, the probability of use of various species depending upon availability can't be ruled out. However some products used are definitely from some animals, such as musk can be derived only from the musk deer; or Rhino horn can be only from the one horned Rhinoceros, which is the species present in the subcontinent. Similarly, elephant's gallstone is from the Asian elephant. But, bear's bile can be from any of the three species of bear found in India. However, the possibility of the use of bile of Himalayan brown bear and black bear is more as most of the production units of Tibetan medicine are located in higher altitude areas. The possibility of use of bile of other bears cannot be ruled out. Similarly, the eyes and meat of any species of snake can be put to use in absence of clear instructions.

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

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

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

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

A list of drugs in question, alongwith the cure for which it is prescribed is reproduced in the annexure. But it is not an exhaustive list, as survey of additional literature might provide more information. (See Annexure B)

The Wild Life (Protection) Act, 1972 and Tibetan Drugs

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

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

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

SUGGESTIONS FOR INVESTIGATION:

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

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

I shall like to mention that the Dalai Lama has himself appreciated the need of scientific investigation into Tibetan medical system.² Although, it does not mean that he will definitely agree with the suggestions of Traffic India, to stop use of the organs of endangered animals in the Tibetan medicine, yet there can always be hope to persuade him in this direction.

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

b. Possibility of a meeting of users, practitioners and producers of the Tibetan drugs should be organized to explore the switching over to alternatives of wild animal products. e.g. plants which are not endangered.

3. A crack down on the origins of the trade in the products is suggested. In addition to this, steps should be taken to curb the production and sale of such drugs, in India as well as other places. International co-operation can be sought for this purpose.

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

Footnotes:

1. 1986, Tibetan Medical Publications, Kalimpong
2. Dalai Lama : "Freedom in Exile: The Autobiography of His Holiness The Dalai Lama of Tibet, London, A John Curtis Book Hodder and Staughton, 1990, pp.240-241.
3. Information office of His Holiness the Dalai Lama Tibetans in Exile. Dharmasala, Information Office, Central Tibetan Secretariat, 1981, pp.225.

ANNEXURE-A

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

Name of the Medicine	Use and Action	Entry no.in Handbook of traditional Drugs
MAMMALS		
a. Rhino Horn		
1. A-RU 25-MYROBALAN 25	<ul style="list-style-type: none"> * Disorder affecting the renal nerves * blood disorder affecting the kidneys. 	14
2. GI-WANG 13-GALLSTONE 3	<ul style="list-style-type: none"> * Blood in feces hematemesis (vomiting of blood) * Menorrhagia * blood oozing from the nine cavities. 	70
3. GUR-GUM 13-SAFFLOWER 13	<ul style="list-style-type: none"> * Hepatic tonic * Malfunction of the liver from improper food, beverage or poisoning * trauma of the kidneys * difficulty in micturition and at times, without any control over urination * pain on one side of the head from infections. 	80
4. rGYA-RU 14 -Ghya-rhoo) - MOUNTAIN GOAT 14	<ul style="list-style-type: none"> * Promotes proper flow of blood * regulates normal flow of menses * pain in the kidneys, hips, and the lower intestine 	84
5. bSE-RU 25 (Say-rhoo) - RHINO 25	<ul style="list-style-type: none"> * General pulmonary disorders specifically for removal of pus, blood, or serum in the lungs. 	150
6. ZANGS- THAL 25 (Sang-thell) - COPPER CALCINE 25	<ul style="list-style-type: none"> * All types of lung inflammations * specifically for difficulty in breathing and coughing 	172

b. Deer's Antlers

- | | | |
|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 1. A-GAR20
-EAGLEWOOD 20 | * Stabilizes <i>rLung</i> and blood
* Neurological disorders specifically Parkinsonism, cerebral ischemia, numbness of extremity, partial paralysis, facial distortion especially of mouth and eyes
* Hypertension
* Fever or inflammation increased by <i>rLung</i> | 6 |
| 2. rGYA-RU 14
(Ghya-rhoo) -
MOUNTAIN GOAT 14 | * Promotes proper flow of blood
* regulates normal flow of menses
* pain in the kidneys, hips, and the lower intestines | 84 |
| 3. bSAM-'PHEL NOR-BU
(Sahm-Phel nor-
bhoo) MIND
INCREASING JEWEL | * Inflammation of nerve and blood channels
* tonifies the brain and the spinal cord
* dries up blood serum and uric acid
* contraction of the extremity
* contortion of mouth and eyes
* malfunction of the senses
* Pain in Kidneys, hips and vertebrae
* difficulty in extending or contracting the extremity. | 145 |
| 4. bSE-RU 25 (Say-
rhoo)I RHINO 25 | * General pulmonary disorders
* specifically for removal of pus, blood, or serum in the lungs. | 150 |
| 5. ZANGS - THAL 25
(Sang-thell)
-COPPER CALCINE 25 | * All types of lung inflammations
* Specifically for difficulty in breathing and coughing | 172 |

c. Bear's Bile

- | | | |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----|
| 1. BRAG-KHUNG RIL-BU
(Duck-kyoong
rheel-bhoo)
CLIFF-GARUDA PILL - | * pain in stomach from inflammation
* passing of blood in stool.
* febrifuge. . | 29 |
| 2. BRAG-ZHUN 9
(Duck-Shüen
- Shilajit 9 | * Inflammation of stomach
intestines
* diarrhea | 30 |

3. CONG-ZHI 35- CALCITE 35	* Heals <i>Bad-kan sMug-po</i> which manifests the following symptoms: emesis of sour and watery vomitus; Inflammation of the stomach and intestines; Hematemesis; Dryness of feces or diarrhea	46
4. GAR-NAG 10 (Ghar-nhak)- BLACK CAMPHOR 10	* Hepatitis * Lack of appetite due to nausea * Indigestion * General <i>mKhris-pa</i> disorder mixed with other disorders such as tumors due to <i>Badmkhris</i> . * Specially effective against 'cold' <i>mKhris-pa</i> (<i>Bad-kan</i> and <i>rLung</i>).	68
5. GI-WANG 13- GALLSTONE 13	* Blood in feces * Hematemesis (vomiting of blood) * Menorrhagia * Blood oozing from the nine cavities	70
6. GUR-GUM 8 (Ghoor-ghoom) - SAFFLOWER 8	* <i>Bad kan sMug-po</i> bursting upward and thereby giving rise to emesis or downward giving rise to diarrhea * Excessive bleeding of major blood vessels through accidents and other causes. * Epistaxis * Coagulant	78
7. GUR-GUM 9 SAFFLOWER 9	* Vasoconstrictor * Coagulant * Hematemesis from <i>Bad-kan sMug-po</i> * Bursting of blood vessels in the lungs * Hematorrhea.	79
8. rGYA-RU 14 Ghya-rhoo) - MOUNTAIN GOAT 14	* Promotes proper flow of blood * regulates normal flow of menses * pain the kidneys, hips, and the lower intestine	84
9. sKYER-SHUN 8 (Kayr-shuen) BARBERRY BARK 8	* Anti-inflammatory * analgesic * inflammation of the ureters * Burning sensation after micturitation * Discharge of semen and blood in the urine.	91

10. MIG-sMAN sKYER-KHEN EYE MEDICINE OF BARBERRY EXTRACT	* Itching and reddishness of the eyes from inflammation (Meek-mhen kayrkhen) * Pain in the eye * Watery eyes.	99
11. NYI-ZLA GYEN-IDOG (Nyee-dha gyen-dhog) UPWARD-RETURNING SUN AND MOON	* Blood disorders * Abnormal discharge of blood and semen due to renal disorders.	105
12. 'OL-SE 27(Wall-say) PODOPHYLLUM 27	* Balances <i>rLung</i> and blood * Thins out coagulated blood * Promotes normal flow of meanses and its normal colour * Headache due to <i>Bad-rLung</i> * Pain at the back of neck * Pain at the hips, kidneys, and lower intestines	111
13. TIK-TA 25 - FELWORT 25	* General 'hot' and 'cold' <i>mKhris-pa</i> disorders mani- festing the following symptoms: Headache, Bitter taste in mouth, Lethargy, nausea, Indigestion	154

D. MUSK:

1. A-GAR 35 - EAGLEWOOD 35	* For general <i>rLung</i> accompanied by fever or inflammation which causes dizziness and insomnia. * Pain in upper back due to excess of <i>rLung</i> and blood * Difficulty in breathing * Unlocalized pain.	8
2. A-RU 18-MYROBALAN 18	* Imbalance of kidney channels * Inflammation of kidneys * Pain in hip and waist region * Kidney disorder giving rise to stooping of body.	12
3. A-RU 23-MYROBALAN 23	* Renal disorders * weakened, enlarged or shrunken kidneys.	13
4. A-RU 35-MYROBALAN 35	* Inflammation and vitiation of kidney channels * Pain around hip and waist region	15

	* Gout, arthritis, and serumal disorders	
	* Pus in urine	
5. A-RU-sMAN-NAG Ah-rhoo mhen-nak)- BLACK MEDICINAL MYROBALAN	* Pacifies both 'hot' and 'cold' disorders * Alleviates the common cold	16
6. AUG-CHOS 5(Ook-choe)- INCARVILLEA 5	* Deafness, exudation of pus, and pain in the auditory apparatus * Analgesic * Anti-inflammatory	21
7. BRAG-KHUNG RIL-BU (Duck-Kyoong rheel-bhoo) - CLIFF GARUDA PILL	* pain in stomach from inflammation * Passing of blood in stool * Febrifuge.	29
8. BRAG-ZHUN 9 (Duck-Shuen) SHILAJIT 9	* Inflammation of stomach and intestines * diarrhea	30
9. BYI-THANG 7 (Jhee-thung) EMBELIA 7	* Anthelmintic * Hemorrhoides	34
10. CONG-ZHI 35-CALCITE 35	* Heals <i>Bad-kan sMug-po</i> which manifests the following symptoms: emesis of sour and watery vomitus, inflammation of the stomach and intestines, hematemesis, dryness of feces or, diarrhea.	46
11. 'CHI-MED SRIN-SEL (Chey-mey seen-sel) DESTRUCTION OF UNDYING MICRO- ORGANISMS	* Anthelmintic * Destroys intestinal parasites, and microorganisms affecting the head, tooth, analegion, and the skin * General 'hot' and 'cold' disorders caused by parasites and microorganisms * Specifically for sudden pains caused by inflammatory infections.	57
12. GLO-TSAD KUN-SEL (Lho-tse Kuen-sill) - ELIMINATOR OF LUNG INFLAMMATIONS	* Anti-inflammatory * Subsides cough and relieves chest congestion * Expectorant	74

13. GO-YU 13 (Ghoo-yoo) BETEL-NUT 13	* all types of renal disorders * tonifies the seven bodily sustainers (<i>lus-zung</i>)	75
14. GUR-GUM 13 - SAFFLOWER 13	* hepatic tonic malfunction of the liver from improper food, beverage, or poisoning. * trauma of the Kidneys * difficulty in micturition and at times without any control over urination * pain on one side of the head from infections.	80
15. sKYER-SHUN 8 (Kayr-shuen)- BARBERRY BARK 8	* anti-inflammatory * analgesic * inflammation of the ureters * burning sensation after micturitation * discharge of semen and blood in the urine.	91
16. MIG-sMAN sKYER-KHEN (Meek-mhen kayr-khen) EYE MEDICINE OF BARBERRY EXTRACT	* itching and reddishness of the eyes from inflammation * Pain in the eye * Watery eyes	99
17. dNGUL-CHU 18 (Ngul-choo) MERCURY 18	* anti-inflammatory * analgesic * anti-rheumatic * dries up serum and uric acid. * relieves pain in the joints of the hands, feet and vertebrae * Inflammation of the joints which turn reddish brown * sinus disorders * clears up itching and small pimples scattered throughout the body.	106
18. rNO-mCHOG 6 (Noh-chog) -SHARPEST 6	* headache from inflammations, blood, and <i>mKhris-pa</i> disorders.	108
19. PHAN-PA KUN-IDAN (Phen-pa Kuen-then)- POSSESSING ALL BENEFITS	* subsidies inflammations and alleviates pain * inflammation of throat, lungs, and the eyes * controls spreading fever * swelling of tongue, gums, and the palate.	113

20. sPANG-rTZI 12 (Pang-tzi)- PTEROCEPHALUS 12	* fever from inflammations * subsidies severe infections	117
21. sPOD-KHYUNG 15 (Poeh- Kyoong) GARUDA OF CAMPHOR 15	* anti-inflammatory * Analgesic * dries up uric acid * swelling, itching, and pain of the joints which turn reddish-brown.	119
22. RU-KHUNG RIL-BU (Rhooh-kyoong rheel- rhooh)- PILL OF SAUSSUREA GARUDA	* anti-inflammatory * analgesic * emesis of sour and watery vomit.	122
23. SE - 'BRU 12 - POMEGRANATE 25.	* 'cold' disorder of kidneys * inflammation of the nerves * weakness of kidney * rheumatism	131
24. SUG-MEL 10 Soogh-mel)- -CARDAMOM 10	* heals kidney disorders * removes kidney stones * clears blockage of the urinary tract * Removes tumours and stones from urinary-bladder.	143
25. bSAM - 'PHELNOR-BU (Sahm-phel nor-bhoo) MIND-INCREASING JEWEL	* inflammation of nerve and blood channels * tonifies the brain and the spinal cord * dries up blood serum and uric acid * contraction of the extremity * contortion of mouth and eye. * malfunction of the senses * Pain in kidneys, hips and vertebrae * difficulty in extending or contracting the extremity	145
26. gSER-mDOG 11 - GOLDEN COLOUR 11	* clears the sense of taste * descending of <i>mKbris-pa</i> into the vessel organs and manifesting the following symptoms: * Pain in stomach and intestines, nausea and headache, tumour in gall-bladder, indigestion, halitosis.	147

27. TZAN-DAN 9(2) - SANDALWOOD 9(2)	* Inflammation of kidneys	158
28. rTA-ZI dMAR-PO (Tah-zhee mahr-po)- RED PONY	* for all types of contagious * and febrile disorders * specifically for inflammation of lungs and influenza	161
29. bTZAN-DUG 8 (Tzen-dhook) - ACONITE 8	* for all types of inflammations	165
30. YA-SRIN 10 (Ya-seen)- SINUSAL MICRO- ORGANISM 10	* anti-inflammatory * analgesic * inflammation of the eyes, nasal cavity and pus in the auditory canal.	167
31. gYU-rNYING 25 (Yu-nying) -OLD TORQUOISE 25	* for various hepatic disorders manifesting the following symptoms. Pain in the ribs and upper part of back, pale skin, lack of blood, loss of weight reddish eyes and dark complexion, flatulence and constipation, excessive sleep and thirst, headache, discomfort in cardiac region, blood in sputum, epistaxis.	170
32. ZIA-SHEL CHEN-MO (Dha-Shale Che-Mo)- Great Crystal Moon	* antitoxin * hematemesis or dysentery due to <i>Bad-kan sMug-po</i> * chronic fever, hidden fever, and spreading fever * indigestion * acute stomach pain due to colic * antiparasitic * lymphatic disorders	175
e. GALLSTONE OF ELEPHANT		
1. A-GAR 20-EAGLEWOOD 20	* stabilizes <i>rLung</i> and blood * neurological disorders specially Parkinsonism, cerebral ischemia, numbness of extremity, partial paralysis, facial distortion especially of mouth and eyes	6

	* hypertension	
	* fever or inflammation increased by <i>rLung</i>	
2. A-RU 25 - MYROBALAN 25	* disorder affecting the renal nerves * blood disorder affecting the kidneys	14
3. BLON-PO gSUM-sBYOR (Loen-po Soom-jhor) COMPOUND OF THREE MINISTERS	* febrifuge for children	25
4. BAM-sMAN 7 (Bum-mhen) - MEDICINAL 'BAM 7	* epistaxis (nosebleed) * pain in upper body * pain in hips, waist, and joints brought about by an excess of blood which has turned into a 'Bam disorder and has descended into the lower bodily region.	35
5. CONG-ZHI 21 - CALCITE 21	* emesis of sour and watery vomitus, stomachal pain, and drying of feces due to <i>Bad-kan sMug - Po.</i>	45
6. CONG-ZHI 35- CALCITE 35	* Heals Bad-kan sMug-po which manifests the following symptoms: emesis of sour and watery vomitus Inflammation of the stomach and intestines Hematemesis Dryness of feces or diarrhea.	46
7. CHU-GANG 4(Choo-ghung) BAMBOO PITH 4	* fever * coughing * enlargement of liver * difficulty in breathing	49
8. CHU-GANG 25 - BAMBOO PITH 9	* A pediatric formulation for the following symptoms: infections, fever and diarrhea * coughing	50
9. CHU-GANG 25 -	* anti-inflammatory * removes pus * relieves coughing * dyspnea from chronic	51

- bronchitis or pus in the lungs
 * chest pain and discharge of blood
 in the sputum
 * lack of strength
 in the limbs
 * loss of bodily weight
 * cold sweat.
10. CHU-GANG bDE-BYED CHE (Choo-ghung dhey-jhey chey) GREATER COMFORTING BAMBOO PITH * promotes appetite 54
 * balances 'hot' and 'cold' disorders
 * Chronic cough, chronic inflammation of heart, and 'hidden fever'.
11. DZA-TI 20 (Zah-thee) NUTMEG 20 * subsidies *Srog-rLung* and 63
 promotes mental well being
 * increases concentration and promotes sleep
 * lessens anger, irritability tension, and anxiety
 * soothes the nerves and curb tinnitus.
12. GI-WANG 9 (Ghee-whung) - GALLSTONE 9 * enlargement of liver. 69
13. GI-WANG 13 - GALLSTONE 13 * blood in feces 70
 * hematemesis (vomiting of blood)
 * menorrhagia
 * blood oozing from the nine cavities.
14. GLANG-CHEN 18 (1) (Lhung-chen)- ELEPHANT 18(1) * Inflammation of liver 71
Bad-kan sMug-po
 * blood from 'Bam disorder which rises to upper part of back and causes pain.
15. MAN-NGAG bSIL-sBYOR (Mhen-ngag seel-jhor) COOLING FORMULATION OF SECRET ORAL TRADITION * poisoning 97
 * *Bad-kan sMug-po*
 * excess of blood
 * enlargement of liver and spleen
 * accumulation of 'bad' blood in the upper part of back
 * excess of blood between liver and spleen
 * fever specially with *Bad-kan*
16. sPANG-rTSEI 12 (Pang-tzi) - PTEROCEPHALUS 12 * fever from inflammations 117
 * subsidies severe infections

17. sPRIN-BRAL ZLA-ZER (Tin-dell dha-serr) CLOUD-SEPARATING MOONBEAMS	* The following disorders localized in the vital or hollow organs * <i>mKbris-pa</i> * blood * infectious fever * acute or chronic fever	120
18. RU-rTA IO - SAUSSUREA 10	* stomachal pains due to intestinal parasites * inflammation of stomach	124
19. bSAM-'PHEL NOR-BU (Sahm-phel norbhoo) MIND-INCREASING JEWEL	* Information of nerve and blood channels * tonifies the brain and the spinal cord * dries up blood serum and uric acid * contraction of the extremity * contraction of mouth and eyes * malfunction of the senses * pain in kidneys, hips, and vertebrae * difficulty in extending or contracting the extremity	145
20. bSE-RU 25(Say-rhoo) RHINO 25	* General pulmonary disorders * Specifically for removal of pus, blood, or serum in the lungs.	150
21. TZAN-DAN 10 - SANDALWOOD 10	* anti-inflammatory * antipyretic	159
22. TZAN-DAN 18 - SANDALWOOD 18	* dries up 'bad' blood * lowers blood pressure * facilitates the normal flow of <i>rLung</i> within the various <i>rLung</i> sites	160
23. gTZO-Bo 8(Tzo-wo) PRINCIPAL 8	* anti-inflammatory * antidote * antipyretic * chronic fever that has spread and needs to be controlled * excessive thirst * bitter taste in mouth * coughing * pain in vertebrae	166
24. gYU-rNYING 25	* For various hepatic disorders	170

(Yu-nying) -
 OLD TORQUOISE 25

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

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <p>25. gYU-THOG²⁴
 CHU-GANG 25
 (Yu-thog choo-ghung)-
 gYU-THOG's BAMBOO
 PITH 25</p> | <ul style="list-style-type: none"> * Pulmonary disorders * pain from inflammation of
lungs * blood in sputum * inflammation of respiratory tract | <p>171</p> |
| <p>26. ZANGS-THAL 25
 (Sang-thell) -
 COPPER CLACINE 25</p> | <ul style="list-style-type: none"> * all types of lung infection * specifically for difficulty in
breathing and coughing | <p>172</p> |
| <p>27. ZIA-SHEL CHEN-MO
 (Dha-shale che-mo) -
 GREAT CRYSTAL MOON</p> | <ul style="list-style-type: none"> * antitoxin * hematemesis or dysentery
due to Bad-kan sMug-po * chronic fever, hidden fever,
and spreading fever * indigestion * acute stomachal pain due to
colic * antiparasitic * lymphatic disorders | <p>175</p> |

f. Wild Yak's Heart

- | | | |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <p>1. A-GAR 35-EAGLEWOOD 35</p> | <ul style="list-style-type: none"> * For general <i>rLung</i> accompanied
by fever or inflammation which
causes dizziness and insomania * pain in upper back due to
excess of <i>rLung</i> and blood * difficulty in breathing * unlocalized pain | <p>8</p> |
| <p>2. SHING-KUN 25
 (Shing-Kuen)
 -DEVIL'S DUNG 25</p> | <ul style="list-style-type: none"> * external' <i>rLung</i> which
affects the muscles, skin
nerve, and blood vessels * Internal' <i>rLung</i> which
affects the six vital organs
and the six hollow organs * secret' <i>rLung</i> which affects
the life-governing channel | <p>137</p> |

- (*Srog-rtza*)
- * 'general' *rLung* which pervades throughout the body
3. SROG-'DZIN 11 (Sogh-zhin)
ELEVEN HOLDERS OF LIFE
- * accumulation of *rLung* in the heart and *Srog-rtza* (life-channels) which disrupts the normal site of intelligence and causes dullness.
- * pain in upper part of body specially between the shoulders, chest, breasts, and liver
- * mental disorders.
- 142
- g. Rabbit's Heart**
1. A-GAR 17-EAGLEWOOD 17
- * accumulation of impure blood in kidneys and hip region.
- * Stiffness of neck due to spreading of nephritis
- * tonifies the kidneys
- * accumulation of *Srog-rLung'* (*Sog-loong*) which manifests the following symptoms:
insomnia
tinnitus
heart palpitations
muscular and neural stiffness
lack of concentration
pain in hip and nephric region.
- 4
2. 'BRONG-TZE A-GAR 8 (Drong-tze ah-ghar)
MYROBALAN 8 OF 'BRONG-TZE
- * accumulation of *rLung* in the in the *Srog-rtza* (life channel) manifesting the following symptoms:-
- * anxiety and mental unrest
mental disorders
cerebral ischemia
pain throughout the body
- 39
3. SEMS-KYI bDE-sKYID (Sim-key dhee-key)
HAPPINESS OF MIND
- * All types of *rLung* disorders
- * Specifically for *rLung* afflicting the *Srog-stza* (life channel) which manifests the following symptoms:
anxiety, stress, irritability,
lack of concentration
dullness, various mental disorders.
- 136

- | | | |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 4. SHING-KUN 25
(Shing-Kuen) -
DEVIL'S DUNG 25 | <ul style="list-style-type: none"> * 'external' <i>rLung</i> which effects the muscles, skin nerve, and blood vessels * "Internal' <i>rLung</i> which affects the six vital organs and the six hollow organs * 'Secret" <i>r-Lung</i> which affects the life-governing channel (<i>Srog- rtza</i>) * 'general' <i>rLung</i> which pervades throughout the body | 137 |
|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|

REPTILES:

h. Snake's Eyes

- | | | |
|---------------------------------|------------------------------------------------------------------------------------------------------|----|
| 1. A-WA 15 (ah-wha)
CAREX 15 | <ul style="list-style-type: none"> * ophthalmic disorders * ophthalmic tonic | 17 |
|---------------------------------|------------------------------------------------------------------------------------------------------|----|

i. Snake's Meat

- | | | |
|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 1. bDE-MYUG (Dhey-ngyook)-
REED OF COMFORT | <ul style="list-style-type: none"> * <i>Bad-kan sMug-po</i> * pain along with the emesis of sour and watery vomitus. * inflammation of the stomach * indigestion * hematemesis * irregularity of menses * pain during mensuration | 65 |
| 2. GLANG-CHEN 18(2) -
ELEPHANT 18(2) | <ul style="list-style-type: none"> * <i>Bad-kan s Mug-po</i> * emesis of sour and watery vomitus accompanied with pain * inflammation of the stomach * indigestion * dryness of the feces * hematemesis * irregularity of menses * pain during mensuration | 72 |
| 3. 'OL-SE 27 (Wall-say) -
PODOPHYLLUM 27 | <ul style="list-style-type: none"> * balances <i>rLung</i> and blood * thins out coagulated blood * promotes normal flow of menses and its normal colour * headache due to <i>Bad-rLung</i> * pain at the back of neck * pain at the hips, kidneys, and lower intestines. | 111 |

INVERTEBRATES

j. Oyster Shell

1. A-GAR 20'- EAGLEWOOD 20 * stabilizes *rLung* and blood 4
* neurological disorders
specially Parkinsonism,
cerebral ischemia, numbness
of extremity, partial
paralysis, facia distortion
especially of mouth and eyes
* hypertension
* fever or inflammation
increased by *rLung*.

2. bSAM - 'PHEL NOR-BU 145
(Sahm-pheI nor-bhoo)-
MIND-INCREASING JEWEL
* inflammation of nerve and
blood channels
* tonifies the brain and the
spinal cord
* dries up blood serum and
uric acid
* contraction of the extremity
* contortion of mouth and eyes
* malfunction of the senses
* pain in kidneys, hips,
and vertebrae
* difficulty in extending or
contracting the extremity

k. Coral

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

l. Snail Shell

1. CHU-TZI 25 (Choo-tzi)- 43
RHUBARB 25
* both 'hot' and 'cold'
urinary bladder disorders
* diuretic
* clears the urethra

m. Cowrie Ash

- | | | |
|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|
| 1. SE-'bru 25-POMEGRANATE 25 | <ul style="list-style-type: none"> * increases stomachal heat * digestant * disruption of normal stomachal and intestinal function. * stomachal pains * coldness of extremity. | 132 |
| 2. ZHI-BYED 29 - PACIFIC 29 | <ul style="list-style-type: none"> * analgesic * disintegrates tumours * increases biliary secretions * digestant * relieves stomachal, intestinal, and hepatic pain * facilitates the breaking down of digestive enzymes | 174 |

n. CRAB SHELL

- | | | |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|
| 1. A-RU 18 - MYROBALAN 18 | <ul style="list-style-type: none"> * Imbalance of kidney channels * inflammation of Kidneys * pain in hip and waist region * kidney disorder giving rise to stooping of body. | 12 |
| 2. A-RU 25 - MYROBALAN 25 | <ul style="list-style-type: none"> * Disorder affecting the renal nerves * Blood disorder affecting the kidneys. | 14 |
| 3. A-RU 35 -MYROBALAN 35 | <ul style="list-style-type: none"> * Inflammation and vitiation of kidney channels * Pain around hip and waist region * Gout, arthritis, and serumal disorders * Pus in urine | 15 |
| 4. CHU-TZI 25 (Choo-tzi)
RHUBARB 25 | <ul style="list-style-type: none"> * both 'hot' and 'cold' urinary bladder disorders * diuretic * clears the urethra | 43 |
| 5. DA-LI 16(Dha-lee) -
RHODODENDRON 16 | <ul style="list-style-type: none"> * <i>rLung</i> and <i>Bad-kan sKya-rbab</i> * digestive * diuretic * swelling of body * pain and swelling in chest region * relieves cough | 58 |

	* trachyphonia, vertigo, disagreeable area and climate.	
6. SE-'BRU KUN-bDE (Seh-drhoo kuen-dhey) - CONTINUOUSLY COM- FORTING POMEGRANATE	* Increases stomachal and renal heat * digestant * pain in the hips and kidneys * Swollen eyelids and feet	133
7. SUG-MEL 10 (Soogh-mel)- CARDAMOM 10	* heals kidney disorders removes kidney stones * clears blockage of the urinary tract * removes tumours and stones * from urinary-bladder	143
8. bSAM-'PHEL NOR-BU (Sahm-phel nor-bhoo) - MIND-INCREASING JEWEL.	* inflammation of nerve and blood channels * tonifies the brain and the spinal cord * dries up blood serum and uric acid * contraction of the extremity * contortion of mouth and eyes * malfunction of the senses * pain in kidneys, hips, and vertebrae * difficulty in extending or contracting the extremity	145
9. rTZA-THAG 13 - (Tza-Thak)- GRASS-ROPE 13	* Swelling of the testicles both a 'hot' and a 'cold' disorder	163
10. rTZA-THAG 16- GRASS-ROPE 16	* pain in the Kidneys, lower region of intestines, and hips. * numbness of legs * inflammation of the urethra * swelling of the testicles	164

DRUGS POSSIBLY FROM WILD ANIMAL ORGANS

O. Bone Ash

1. ZIA-SHEL CHEN-MO (Dha-shale che-mo) GREAT CRYSTAL MOON	* antitoxin * hematemesis or dysentery * due to <i>Bad-kan sMug-po</i> * chronic fever, hidden fever, and spreading fever * indigestion	175
-----------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------	-----

- * acute stomachal pain due to colic
- * antiparasitic
- * lymphatic disorders

p. Dried Blood

- | | | |
|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <p>1. THANG-GHEN 25
(Thung-chin) -GREAT DE-
COCTION 25</p> | <ul style="list-style-type: none"> * used primarily to facilitate the proper recognition of various disorders (specifically compounded poisons, <i>Bad-kan sMug-po</i>, and chronic fever), that have spread and needs to be drawn back to their original source. * balances bodily temperature * increases appetite * controls epistaxis * heals <i>Bad-kan</i> and <i>mKhris-pa</i> * for frequent lethargy, thirst, stomachal and hepatic pains, inflammation of channels and ureter * menorrhagia. | <p>151</p> |
|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|

q. Yak's Fat (Female)

- | | | |
|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <p>1. SEMS-KYI bDE-sKYID
(Sim-key dhee-key)
HAPPINESS OF MIND</p> | <ul style="list-style-type: none"> * all types of <i>rLung</i> disorders * specifically for <i>rLung</i> afflicting the <i>Srog-rtza</i> (life channel) which manifests the following symptoms: anxiety stress irritability <p>lack of concentration
dullness
various mental disorders</p> | <p>136</p> |
|---------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|

r. Horn of Mountain Goat

- | | | |
|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| <p>1. rGYA-RU 14 (Ghya-rhoo)-
MOUNTAIN GOAT 14</p> | <ul style="list-style-type: none"> * promotes proper flow of blood * regulates normal flow of menses * pain in the kidneys, hips, and the lower intestines. | <p>84</p> |
| <p>2. ZANGS-THAL 25
(Sang-thell) -
COPPER CALCINE 25</p> | <ul style="list-style-type: none"> * all types of lung inflammations * Specifically for difficulty in breathing and coughing | <p>172</p> |

DRUGS FROM ORGANS OF DOMESTIC ANIMALS
(For Information only)

s. Gallstone of Ox

- | | | |
|---------------------------|---------------------------------------|----|
| 1. A-RU 25 - MYROBALAN 25 | * disorder affecting the renal nerves | 14 |
| | * blood disorder affecting kidneys | |

t. Blood of Donkey

- | | | |
|-------------------------|-------------------------------------------------|----|
| 1. A-RU 35-MYROBALAN 35 | * inflammation and vitiation of kidney channels | 15 |
| | * pain around hip and waist region. | |
| | * gout, arthritis, and seruma disorders | |
| | * pus in urine. | |

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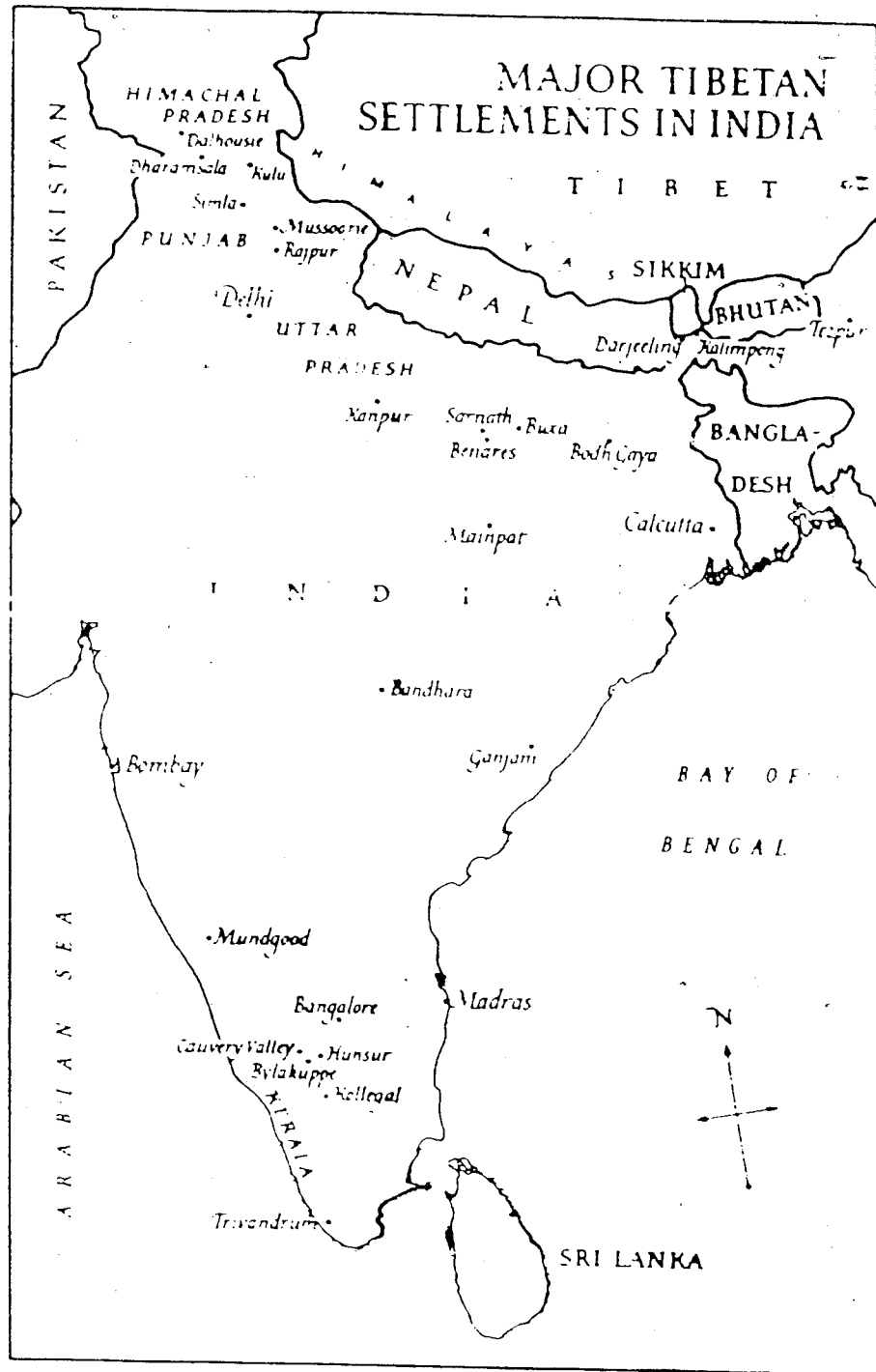
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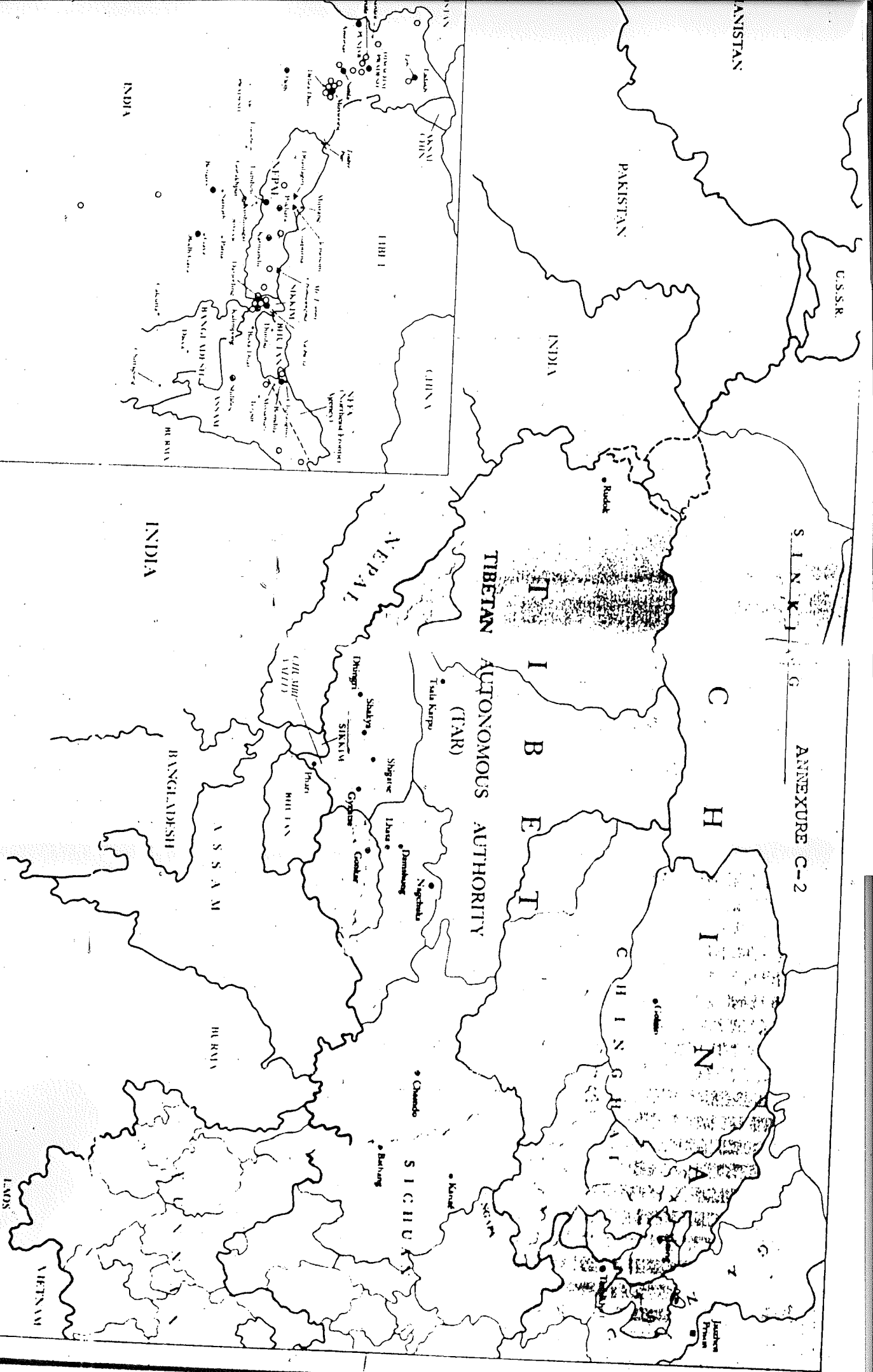
Yeshe Donden, Health Through Balance: An Introduction to Tibetan Medicine, Ithaca, Snow Lion Publications, N.Y., 1986.

ANNEXURE NO.C1

SOURCE



Source:
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The Dalai Lama of Tibet, A John Curtis Book, Hodder & Stoughton
London, 1990.



Source : In Exile from the land of Snows
 John F. Avedon, London; Michael Joseph, 1984 **Tibet Today**

Tibetan Autonomous Authority
 Area under Provincial Administration

Tibetan Exile Communities

- 20. Society, Nanyang, Sakya Tibetan Puruwa
- 21. Tibetan Hyab
- 22. Tibetan Hyab
- 23. Tibetan Hyab
- 34. Tibetan Dhorpatan
- 35. Tashi Ling Tibetan Settlement, Chongqing
- 36. Tibetan Settlement, Ransong

Tibetan Refugee Settlements and Handicraft Centres in India and Nepal

ANNEXURE C-3

S. No.	Name	Total No. of Settlers in 1979	Total Acreage of land Owned	Year of Start	Location Distt. and State
1.	Lugsung Samdubling Tibetan Settlement, Bylakuppe	4907	3483	1960	Mysore, K.S.
2.	Doeguling Tibetan Settlement, Mundgod	6481	4045.29	1966	North Kanara K.S.
3.	Dikiy Larsoe Tibetan Settlement, Cauvery Valley.	3389	1800	1969	Mysore, K.S.
4.	Rabgay Ling Tibetan Settlement, Hunsur	2660	2200	1971	Mysore, K.S.
5.	Dhondenling Tibetan Settlement, Kollegal	3500	3000	1974	Mysore, K.S.
6.	Phendeyling Tibetan Settlement, Mainpat	1000	1407	1962	Surguja, M.P.
7.	Norgayling Tibetan Settlement, Bhandara	873	405	1972	Bhandara, M.
8.	Puntsok Ling Tibetan Settlement, Chandragiri	6964	1850	1963	Ganjam, Orissa.
9.	Dhargayling Tibetan Settlement, Tezu	1250	1000	1962	Lohit, A.P.
10.	Choephel Ling Tibetan Settlement, Miao	1500	2000	1975	Tirap, A.P.
11.	Senzin Gang Tibetan Settlement, Bomdila	1348	*604		
12.	Sonam Ling Tibetan Settlement, Leh	2078	*So far cleared early '70's 3690-karnals*		Kameng, A.P.
13.	Kunphen Ling Tibetan Settlement, South Sikkim	1000	*8 Karnals = 1 acre	1972	Leh, J. and K.
14.	Darjeeling Tibetan Refugee Co-operative Collective Farming Society, Sonada	277	600	1979 early	Sikkim
15.	Lama Hatta Tibetan Settlement, Darjeeling,	94	40	1965	Darj., W.B.
16.	Dhonden Ling Tibetan Settlement, Clement Town.	20			
17.	Doegu Yulgyal Ling Tibetan Settlement, Herbertpur,				
18.	Tibetan Khampa Industrial Society, Derge Division				
19.	Tibetan Khampa Society, Nepal				
20.	Sakya Tibetan Settlement, Chok				
21.	Tibetan Settlement, Ragsogiri, Nepal				
22.	Tibetan Refugee Settlement, Walung				
23.	Tibetan Settlement, Chiti, Nepal				
24.	Tibetan Settlement, Nepal				
25.	Tibetan Settlement, Nepal				
26.	Tibetan Settlement, Nepal				
27.	Tibetan Settlement, Nepal				
28.	Tibetan Settlement, Nepal				
29.	Tibetan Settlement, Nepal				
30.	Tibetan Settlement, Nepal				
31.	Tibetan Settlement, Nepal				
32.	Tibetan Settlement, Nepal				
33.	Tibetan Settlement, Nepal				
34.	Tibetan Settlement, Nepal				
35.	Tibetan Settlement, Nepal				
36.	Tibetan Settlement, Nepal				
37.	Tibetan Settlement, Nepal				
38.	Tibetan Settlement, Nepal				

Source: TIBETANS IN EXILE 1959-1980, Compiled, edited and published by The Information Office of His Holiness the Dalai Lama, Information Office, Central Tibetan Secretariat Dharamsala -176215. India, 1981.