



How to Maintain Healthy Digestive System in Tibetan Medicine



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Be kind whenever possible
It is always possible.
- Dalai Lama



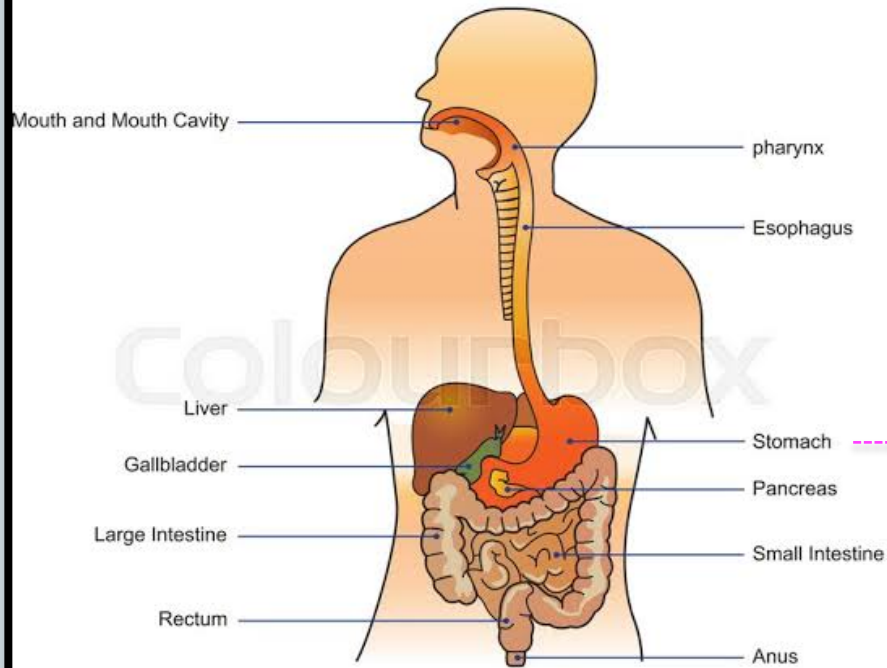
Overview

- Digestion in Tibetan Medicine
 - Stomach
 - Importance of digestive system
 - Mechanism of digestion system
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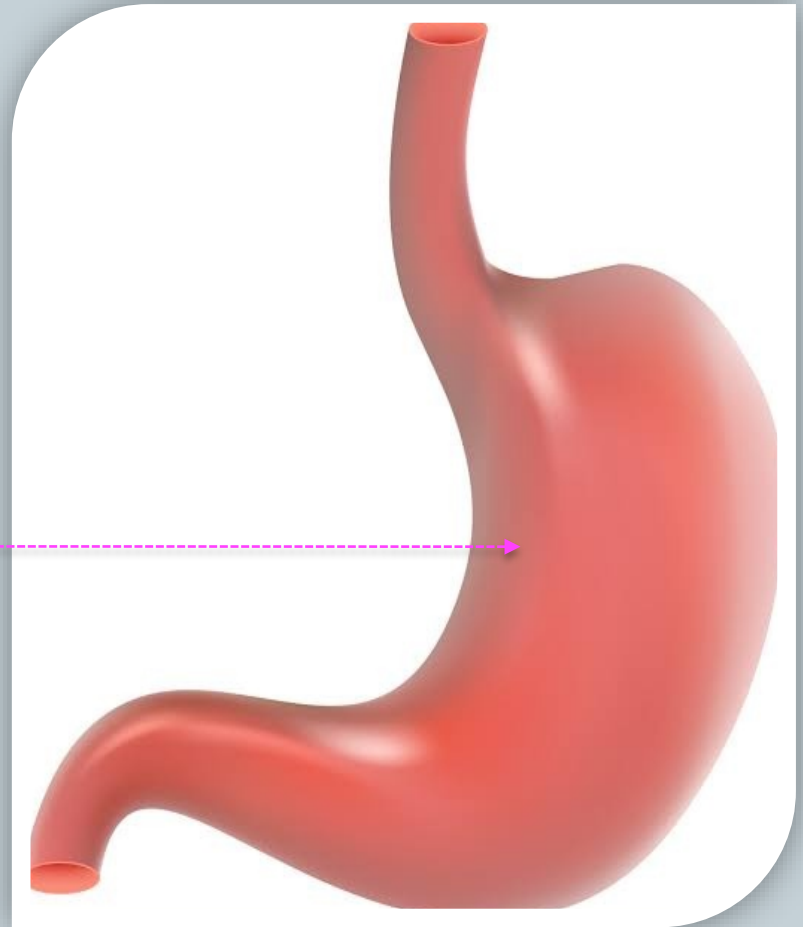
Digestion in Tibetan Medicine



The Components of the Digestive System



EPS VECTOR



STOMACH



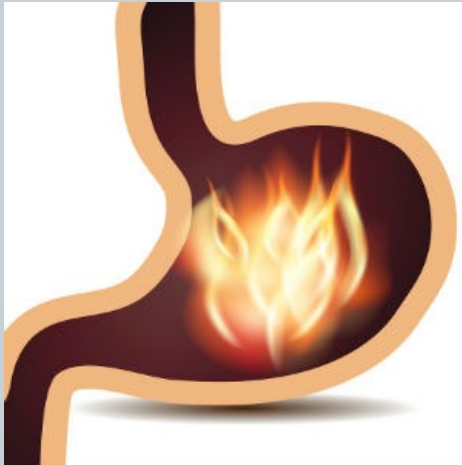
COOKING POT



FIELD

IMPORTANCE OF DIGESTIVE SYSTEM

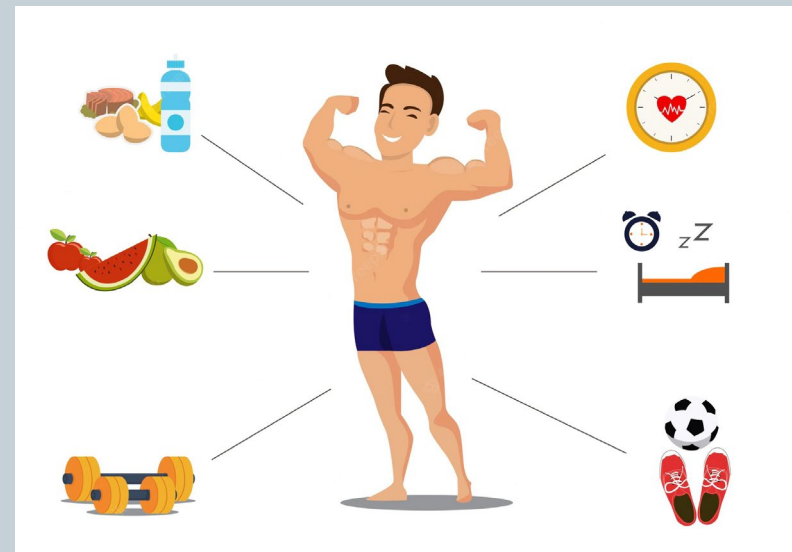
Forms & Foundation



- Prevent disorder
- Gain body strength
- Prolong lifespan
- Body's constituent
- Digestion heat
- Bowel movement

- Nutrients
- Radiant
- Strength

Benefit & Source



IMPORTANCE OF DIGESTIVE SYSTEM



- Indigestion
- Imbalance of Nyi-pas
- Disturbance to 10 objects
- Causes diseases/ill-health = disequilibrium
- Art of healing = (dynamic state of Equilibrium)
= state of health

Seven bodily constituents

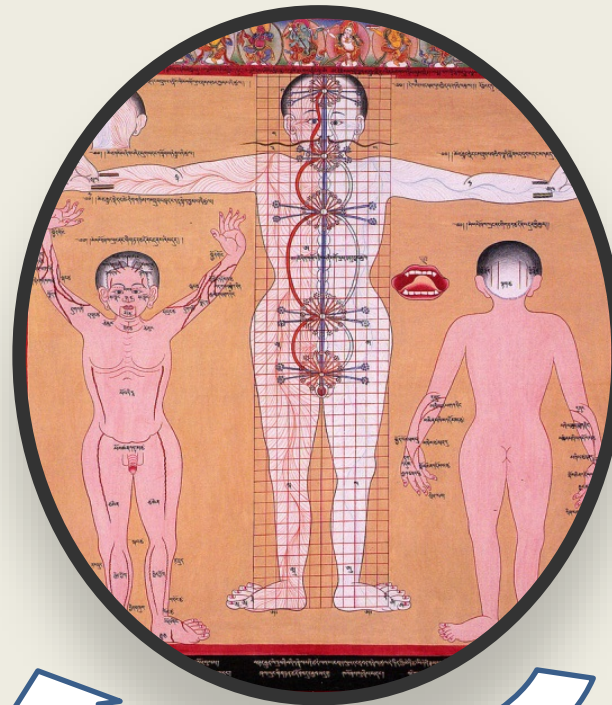
Ingested food:

1. Nutritional essence
2. Blood
3. Muscle tissue
4. Fatty tissue
5. Bone
6. Marrow
7. Regenerative essence

Three excretory functions

1. Defecation
2. Urinations
3. perspiration

NYE-PA



Bodily
constituents

Excretions

Birth
Existence
Final disintegration

ནད་དང་ལྷན་ལྷན་དེ་མ་ནམ་གསུམ་པོ།
ཕན་ཚུན་གཅིག་ལ་གཅིག་རྟེན་རགས་ལྷན་བས།
ཆགས་གནས་འཛིག་པའི་རྩ་བ་ཡིན་ཕྱིར་ལྷན།

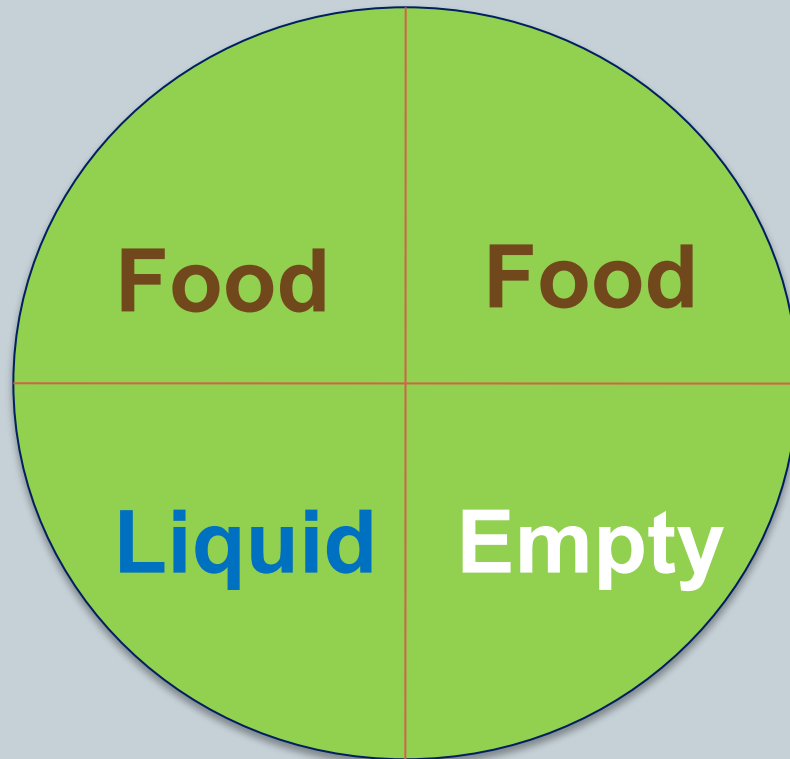
HOW TO FEED YOUR...Stomach

“ The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” By Ann Wigmore

1. Types: a. Digestive heat b. Bowel movement.
2. Qualities
3. Seasons, Timings and Places

Nye-pa	Seasons	Timings	Characters	Take
Rlung	Summer	Evening and dawn	Cold and windy	Oily, sweet, salty
Tri-pa	Autumn	Noon and midnight	Hot and dry	Sweet, bitter
Bad-kan	Spring	Dusk and morning	Wet and humid	Bitter, sour, hot

HOW TO FILL YOUR ... Stomach



Mechanism of digestive system

- Life sustaining rLung
 - Decomposing Bad-kan
 - Digestive Tri-pa
 - The fire-like rLung
-
- The process of digestion in the stomach resembles the boiling of medicinal ingredients in a pot.



BENEFIT OF GOOD DIGESTIVE SYSTEM



- Ensures proper digestion
- Allows normal defecation and urination
- Enhances the strength of bodily constituents
- Enhances the strength of other secondary me-drod (digestive heat)
- Helps to promote immune system and health
- Enhances healthy complexion and radiance
- Promotes physical strength
- Promotes diligence
- Promotes longevity

Message to Take Home



KNOW:

- TIMINGS
- QUANTITY & QUALITY
- DIGESTIVE POWER
- Limit EATINGS
- Be BALANCED
- No to UNWHOLESOME HABIT
- Be MINDFULNESS
- HEALTH is WEALTH

༄། རིན་ཆེན་རིལ་བུ་འཕགས་པའི་ཕན་ལོན་བསྟན་པ།

The Benefit of Rinchen Rilbu (The Precious Pill)



Overview

- Application
- Prerequisite
- Chant Medicine Buddha Mantra
- Benefit
- Prayer

Application



Treatment

Prerequisite

- Take decoction of seven grains of yer-ma (prickly ash) (cinza Espinosa)
- Soak the pill in small amount of hot water
- Clean and unbroken
- Stir with ring finger or spoon
- Sleep for about one hour
- Take hot water infused with saffron
- It can also taken like other pill for sick
- For rejuvenation (auspicious day)
- Periods of three to seven days (མཐོང་བྱ་)



Medicine Buddha Mantra



ཏདཤཱ ཨོཾ རྟེཀ་ཏྱེ རྟེཀ་ཏྱེ
མཆྱེ རྟེཀ་ཏྱེ རྟེཀ་ཏྱེ རྟེཀ་ཏྱེ རྟེཀ་ཏྱེ

TADYATHA OM BHEKHANDZE BHEKHANDZE
MAHA BHEKHANDZE RADZA SAMUDGATE SVAHA

"I prostrate to Medicine Buddha, Great Physician, King of Physicians, radiating lapis lazuli light."

Rinchen Dranjor Chemo



- King of all precious pill
- Rejuvenation
- Bloody diarrhoea
- Malignant tumor
- Strengthen muscles and nerves
- Weak circulation of blood
- Skin disorder
- Chronic gastro-intestinal
- Clears sense organ
- Balance three Nye-pas

Rinchen Ratna Samphel



- Mutik 70
- High blood pressure
- Headache
- Nausea
- Facial palsy
- Loss of memory
- Irregular circulation of blood
- Epilepsy
- Complexion
- Clears sensory organ

Rinchen Tsajor Chemo



- Gout
- Arthritis
- Leprosy
- Ascites
- Cold disorder

Rinchen Mangjor Chenmo



- Food poison
- Abdominal Cramp
- Contagious disease
- Chronic fever
- Blockage of channels
- Dark complexion
- Acid reflux
- Lose of appetite
- Frequent coughing with blood
- Develops body radiance

Rinchen Tso-Tru Dashed



- Abdomen pain
- Diarrhoea and vomiting
- Weakness
- Bloating of stomach
- Dryness of mouth and tongue
- Weak digestion
- Hair lose
- To improve immunity

Rinchen Yuning Nyernga



- Chronic liver Disease
- Gradual lose of weight
- Stiffness of neck
- headache
- Bleeding nose
- Redness of eye
- Liver cisshosis
- Strengthen liver organ

Rinchen Jumar Nyernga



- Headache
- Stiff neck
- Stiffness of muscle and limbs
- Nerve inflammation
- High blood pressure
- Paralysis
- Strengthen nerves

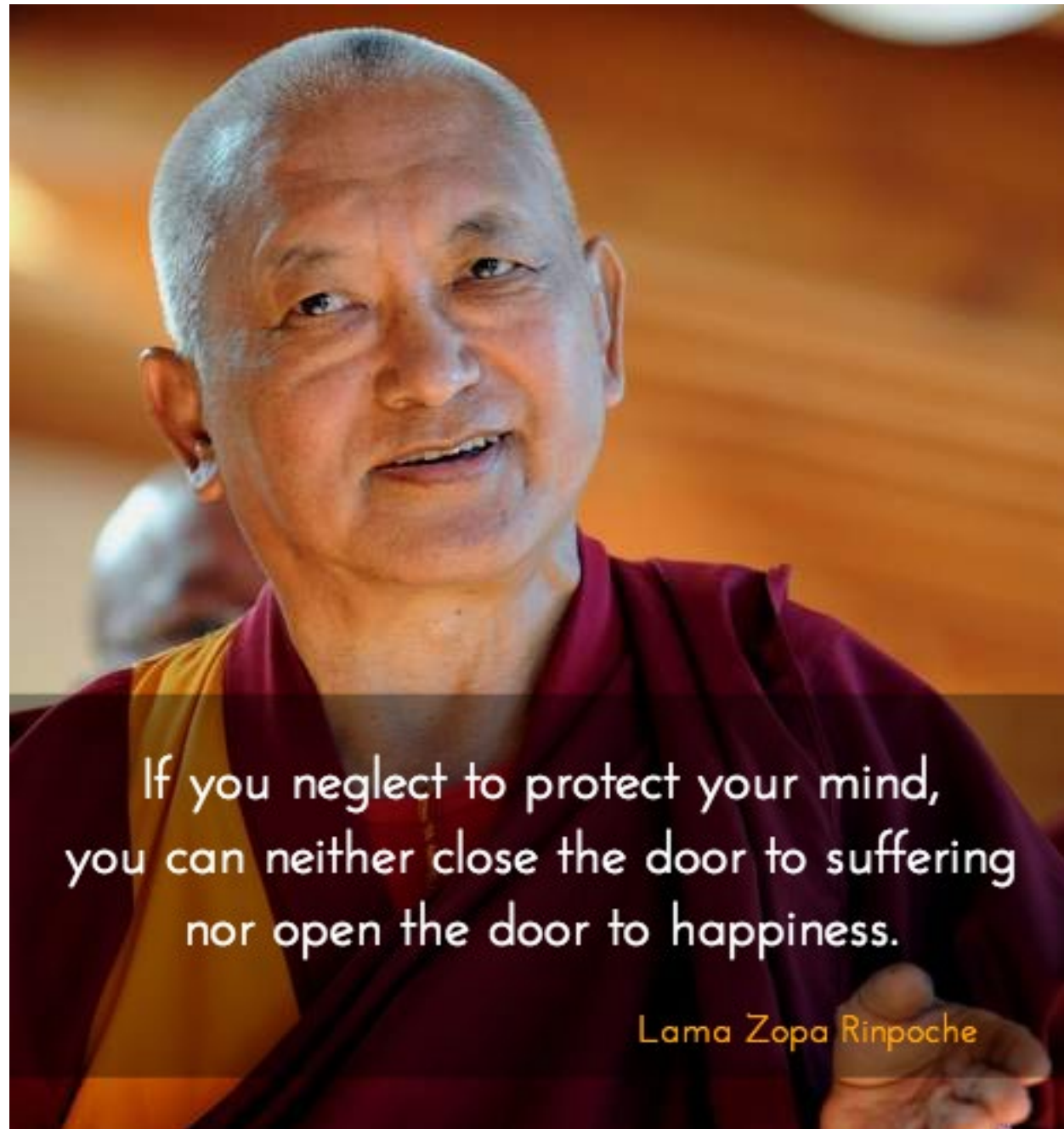
Rinchen Chakril Chemo



- Cataract
- Tears from eyes
- Chronic jaundice
- Protect eyes



Prayer for
the
Sentient being



If you neglect to protect your mind,
you can neither close the door to suffering
nor open the door to happiness.

Lama Zopa Rinpoche