

TIBETAN MEDICINAL PLANTS



An Illustrated Guide to
Identification and Practical Use

Dr Tenzin Dakpa

Translated from Chinese by Hsiangyang H. Tseng

thuprai

Tibetan Medicinal Plants

Padhraic Smyth



Tibetan Medicinal Plants:

Tibetan Medicinal Plants Christa Kletter, Monika Kriechbaum, 2001 Increasingly modern medicine relies on so called traditional or ancient medical knowledge Holistic practices such as adhering to proper diet observing rules for appropriate behavior and administering medical preparations are coupled with the latest technology and methods to treat the whole patient In light of this trend there is much to be gained from understanding of one of the oldest medical systems still in existence Tibetan Medicinal Plants provides you a detailed analysis of how Tibetan plants are used in this centuries old system The book opens with a summary of Tibetan medicine and covers the various habitats in which the plants are found The main part of this volume encompasses 60 monographs listed by the Tibetan plant name Each monograph consists of several chapters addressing different topics related either to the Tibetan or the Western approach Most of the monographs contain a description of the macroscopic and microscopic characteristics of the used plant parts and anatomical features of 76 plants are provided Each monograph presents an overview of the known chemical constituents and pharmacological properties of each plant and describes their use in Tibetan medicine In contrast to other publications on Tibetan medicine where translations of the Tibetan terms are given in other languages this book treats the Tibetan word as a technical term keeps the Tibetan term and explains its meaning lessening confusion by reducing the number of translations Traditional Tibetan medicine has been in existence for centuries Curative practices existed in the prebuddistic era and the art of healing developed more than 2500 years ago Tibetan Medicinal Plants provides a comprehensive overview of all plant types thus making it easier to grasp the Tibetan concept It gives you a comprehensive look at this centuries old science *Tibetan Medicinal Plants* Tsewang J. Tsarong, 1994 *A Handbook of Tibetan Medicinal Plants* Tsering Dorjee Dekhang, 2008

Tibetan Medicinal Plants Christa Kletter, 2001 **Cultivation and Conservation of Endangered Medicinal Plants (Tibetan Medicinal Plants for Health) [Men-Tsee-Khang - མེན་ཇེ་མཉམ་པོ་]** Tshul-khrims-skal-bzañ, 2016-03-19 Acknowledgements In 2005 I was sent in an official capacity to the Arava Institute of Environmental Studies in Kibbutz Ketura Israel to conduct research for a short period on how to conserve medicinal plants through cultivation A project was funded by Dr Sarah Sallon Director the Louis L Borick Natural Medicine Research Center Hadassah Medical Organization Jerusalem Israel With the assistance of Dr Elaine M Solowey who is a horticulturalist at the Institute I drafted a list of endangered medicinal plants based on guidelines given by the WWF World Wide Fund for Nature 2000 and TRAFFIC India Trade Records Analysis of Flora and Fauna in Commerce 2000 with supplementary criteria drawn from Tibetan medicine I started writing and collecting data on the propagation and cultivation of each medicinal plant based on these guidelines and Dr Solowey s advice Due to other pressing official projects however this work remained on hold for some years From 2013 I began to work on the project in earnest and started to writing and collecting data on the propagation and cultivation of each of the selected medicinal plants This book on endangered medicinal plant cultivation is supposed to be an experimental trial

field guide for the propagation of these species It is intended for ethno botanists environmentalists herbalists horticulturists and practitioners who are interested in creating medicinal plant gardens both in urban and rural areas The guidelines are mainly based on traditional knowledge my personal experience and observations and practical experiments performed in the field The book *Cultivation and Conservation of Endangered Medicinal Plants Tibetan Medicinal Plants for Health* is the first of its kind A few errors must certainly have crept in for which I am solely responsible I would be most grateful to anyone who would be kind enough to point these out for the improvement of future projects and editions I would like to give my sincere thanks to the administration of Men Tsee Khang for facilitating support for this important project and its successful completion Special thanks to director of the Men Tsee Khang Mr Tsering Tashi Phuri for his encouragement and invaluable support for the project Dr Tsewang Tamdin visiting physician to His Holiness the Dalai Lama for his kind suggestions My thanks too to Dr Tsering Norbu for his kind helpful suggestions I would like to deeply thank Mrs Anne for going through and proof reading the manuscript and for her helpful suggestions Mr Gautam Verma who refined the language and Mr Jan van der Valk John University of Kent UK and Mr Ben Joffe University of Colorado Boulder USA for their editorial help and constructive suggestions during their short stay in Dharamsala I also thank my colleagues in Men Tsee Khang for their kind help and support Ms Tenzin Kunsang and Mr Tsering Paljor of computer section Dr Norchung and Mrs Lhamo Kyizom of Doc Publication Department I am also thankful to Mr Ngachung and Ms Tenzin Kunsang for their helping in designing book and computer setting

A Clear Mirror of Tibetan Medicinal Plants Zla-ba (Sman-rams-pa),1999 *Tibetan Medicinal Plants* Tenzin Dakpa,2007 This book containing nearly three hundred medicinal plants was compiled based on a a wealth of botanic and medical references so that ordinary people can easily identify and use them in their daily lives Avoiding technical complexities each plant is identified and presented in seven sections Dr Tenzin Dakpa s new tile *Tibetan Medicinal Plants An Illustrated Guide to Identification and Practical Use* is and important work It is without doubt that this book will be of immense value to those who have an interest to learn and do research in Tibetan medicinal plants Dr Dawa Director Tibetan Medical Astro Institute *A Glossary of Tibetan Medicinal Plants* Mia Molvray,1988 [Tibetan Medicinal Plants](#) D. Dawa,2001 **A Clear Mirror of Tibetan Medicinal Plants** Zla-ba,2009 *Medicinal Plants of Indian Trans-Himalaya* C. P. Kala,2003 **Tibetan Medicine in the Contemporary World** Laurent Pordié,2008 The popularity of Tibetan medicine plays a central role in the international market for alternative medicine and has been increasing and extending far beyond its original cultural area becoming a global phenomenon This book analyses Tibetan medicine in the 21st century by considering the contemporary reasons that have led to its diversity and by bringing out the common orientations of this medical system Using case studies that examine of the social political and identity dynamics of Tibetan medicine in Nepal India the PRC Mongolia the UK and the US the contributors to this book answer the following three fundamental questions What are the modalities and issues involved in the social and therapeutic transformations of Tibetan medicine How are national policies

and health reforms connected to the processes of contemporary redefinition of this medicine How does Tibetan medicine fit into the present globalized context of the medical world Written by experts in the field from the US France Canada China and the UK this book will be invaluable to students and scholars interested in contemporary medicine Tibetan studies health studies and the anthropology of Asia Winner of the ICAS Colleagues Choice Award 2009 [A Handbook of Medicinal Plants](#) Narayan Das Prajapati,2003 This Book Describes More Than 1346 Medicinal Plants Found In The World It Includes Vernacular Names Description Distribution Part Use Utilization Active Principles Agronomic Practices And Colour Plates

Tibetan Medicine in Contemporary Tibet Tibet Information Network,2004 This book examines the social political and economic issues that are impacting the use availability and production of Tibetan medicine as well as the cultural identity associated with Tibetan medicine in contemporary Tibet It fosters its future prospects as a science healing art and an affordable and available component of the health care systems at work in Tibet After a brief general introduction into Tibetan medical tradition the book sketches its history with particular reference to the founding of medical institutions in historical Tibet and how these institutions have changed since the 1950s It then explores Tibetan medical education in its modern context with particular attention to the formation of new kinds of schools and training programmes for Tibetan medicine many of them funded by foreign NGOs A further focus of the book is on the production and commercialisation of Tibetan medicines Although the particular story of Tibetan medicine in contemporary Tibet and in the People s Republic of China PRC is less grim than other aspects of Tibet s recent political and cultural history it is a tale of contradiction dramatic change and an uncertain future **Medicinal Plants of Dolpo** Yeshe Choden Lama,2001 *Tibetan Medicine* ,1988

Medicinal Plants of the Sikkim Himalaya Lalitkumar Rai,Eklabya Sharma,1994 *Annotated Bibliography of Tibetan Medicine (1789-1995)* : Jürgen C. Aschoff,1996 *Thorsons Principles of Tibetan Medicine* Tamdin Sither Bradley,2000 Tibetan medicine an ancient system of mind and body healing is becoming increasingly popular as an alternative health treatment **Introduction to the Studies of Tibetan Medical Sources** N. D. Bolsokhoeva,1993

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Table of Contents Tibetan Medicinal Plants

1. Understanding the eBook Tibetan Medicinal Plants
 - The Rise of Digital Reading Tibetan Medicinal Plants
 - Advantages of eBooks Over Traditional Books
2. Identifying Tibetan Medicinal Plants
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Tibetan Medicinal Plants
 - User-Friendly Interface
4. Exploring eBook Recommendations from Tibetan Medicinal Plants

- Personalized Recommendations
 - Tibetan Medicinal Plants User Reviews and Ratings
 - Tibetan Medicinal Plants and Bestseller Lists
5. Accessing Tibetan Medicinal Plants Free and Paid eBooks
 - Tibetan Medicinal Plants Public Domain eBooks
 - Tibetan Medicinal Plants eBook Subscription Services
 - Tibetan Medicinal Plants Budget-Friendly Options
 6. Navigating Tibetan Medicinal Plants eBook Formats
 - ePub, PDF, MOBI, and More
 - Tibetan Medicinal Plants Compatibility with Devices
 - Tibetan Medicinal Plants Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Tibetan Medicinal Plants
 - Highlighting and Note-Taking Tibetan Medicinal Plants
 - Interactive Elements Tibetan Medicinal Plants
 8. Staying Engaged with Tibetan Medicinal Plants
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Tibetan Medicinal Plants
 9. Balancing eBooks and Physical Books Tibetan Medicinal Plants
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Tibetan Medicinal Plants
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Tibetan Medicinal Plants
 - Setting Reading Goals Tibetan Medicinal Plants
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Tibetan Medicinal Plants

- Fact-Checking eBook Content of Tibetan Medicinal Plants
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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