

# Appendix

## List of Individuals

Note: This list only includes amchis and other figures who are mentioned in several places across the book. Amchis are listed by name, not by their titles (Amchi, Dr.). The phonetic transcription of Tibetan and Ladakhi names reflects the following order of priority: spellings that individuals themselves use; common local spellings; spellings commonly used in the secondary literature; and the “THL Simplified Phonetic Transcription of Standard Tibetan” (Germano and Tournadre 2010) scheme. The transliteration of names follows the “THL Extended Wylie Transliteration Scheme” (Chandler et al. 2004).

Phonetic Transcription	Wylie Transliteration	Description
Amchi Gegé	<i>am chi dge dge</i>	See Tsultrim Sangye.
Arya Pasang Yonten (aka Dr. Pasang)	<i>arya pa sangs yon tan</i>	b. 1955. Internationally recognized senior amchi and scholar born in Tibet, who trained and later taught at MTK in Dharamsala. He lectured in Ladakh (1989–1991) before moving to Europe, where he co-founded the New Yuthok Institute in Milan and the Tibetan Medicine Education Center in Neuchâtel, Switzerland.
Chatral Sangye Dorje Rinpoche, (aka Kyabche Chatral Rinpoche)	<i>bya bral sangs rgyas rdo rje rin po che / skyabs rje bya bral rin po che</i>	1913–2015. Yogi, Dzogchen and Nyingma master, closely associated with the <i>Dudjom Tersar</i> lineage.
Deumar Geshé Tenzin Püntsok	<i>de'u dmar dge bshes bstan 'dzin phun tshogs</i>	b. 1672. Tibetan polymath; his <i>Crystal Orb and Crystal Rosary</i> offers the most significant elaboration on potency among the prominent commentaries on the <i>Four Tantras</i> .
Dudjom Rinpoche (Dudjom Jigdral Yeshe Dorje Rinpoche)	<i>bdud 'joms 'jigs bral ye shes rdo rje</i>	1904–1987. Born in Pemako, southeastern Tibet. Nyingma and Dzogchen master, yogi, and treasure revealer ( <i>gter ston</i> ), from an important <i>tülku</i> lineage.
Gawé Dorjé	<i>dga' ba'i rdo rje</i>	A leading contemporary <i>menjor</i> scholar and author of one of the most authoritative <i>materia medica</i> textbooks.
Jamyang Tashi of Tsона, Lamenpa	<i>bla sman pa mtsho sna 'jam dbyangs bkra shis</i>	1918–1986. Studied at Lhasa Men-tsikhang; later head of the MTK pharmacy in Dharamsala, and the Fourteenth Dalai Lama's personal physician; <i>menjor</i> teacher of many senior MTK amchis such as Arya Pasang Yonten and Tsultim Gyatso.
Jigme Dagpa	<i>'jigs med grags pa</i>	Contemporary amchi; one of the most senior disciples of Urgian Kalzang in Kathmandu.
Lama Rigzin	<i>bla ma rig 'dzin</i>	Contemporary amchi, current head lama of Nee monastery, and one of the three key amchi in the Nee <i>mendrup</i> ; son of Urgyen Chospel.

Phonetic Transcription	Wylie Transliteration	Description
Nawang Tangyas	<i>ngag dbang bstan rgyas</i>	Contemporary amchi from Kairy, Ladakh; nephew of Tsering Paljor.
Nawang Tsering	<i>ngag dbang tshe ring</i>	Contemporary amchi in Nee, Ladakh; disciple of Lama Rigzin; operates the pharmacy of the Nee Amchi Association (Ogyan Sorig Tsogspa).
Padma Tsetar	<i>pad+ma tshe thar</i>	Contemporary amchi in Leh, Ladakh, who established his own pharmacy; disciple of Lama Rigzin.
Penpa Tsering, Lamenpa (aka Dr. Penpa Tsering)	<i>spen pa tshe ring</i>	One of the Fourteenth Dalai Lama's personal physicians and a contemporary senior private amchi entrepreneur in the Dharamsala region, who trained at MTK and supplies Sowa Rigpa formulas worldwide.
Phakchok Rinpoche, Kyabgön	<i>skyabs dgon 'phags mchog rin po che</i>	b. 1981. Vajra Master of Ka-Nying Shedrub Ling, founder and patron of TBSI in Kathmandu; head of Taklung Kagyü lineage and Riwoché Monastery and lineage holder of Nyingma Chokling Tersar.
Sanggyé Gyatso, Desi	<i>sde srid sangs rgyas rgya mtsho</i>	1653–1705. Regent of the Fifth Dalai Lama, eminent scholar, and author of several Tibetan medical commentaries.
Tashi Kundey	<i>bkra shis kun bde</i>	Contemporary amchi from Katphoo village, Ladakh.
Terdak Lingpa	<i>gter bdag gling pa</i>	1646–1714. Nyingma master, treasure revealer, and founder of Mindroling Monastery; also known as Gyurme Dorje ('gyur med rdo rje).
Trogawa Rinpoche (Sampel Norbu Trogawa Rinpoche)	<i>khro dga' bo rin po che /bsam 'phel nor bu khro dga' bo rin po che</i>	1932–2005. Buddhist Nyingma master and Tibetan physician, trained in Lhasa; founded the CTMI in Darjeeling in 1992.
Tsering Paljor	<i>tshe ring dpal 'byor</i>	1931–2007. One of the most famous twentieth-century Ladakhi amchis and one of the three key amchis in the Nee <i>mendrup</i> ; from Kairy, Ladakh; also known as Kairy amchi ( <i>rgya re am chi</i> ).

## Appendix

Phonetic Transcription	Wylie Transliteration	Description
Tsultim Gyatso	<i>tshul khrims rgya mtsho</i>	Contemporary MTK-trained amchi, running the private clinic and pharmacy Chirde Sorig Khang in Leh.
Tsultrim Sangye	<i>tshul khrims sangs rgyas</i>	1940–2011. Founder and former principal of the Sorig Bumzhi School in Kathmandu; also known as Amchi Gegé.
Urgian Kalzang	<i>o rgyan bskal bzang</i>	d. 2021. Amchi and founding teacher of TBSI in Kathmandu, who also ran the Orgyen Menla Clinic.
Urgyen Chospel	<i>o rgyan chos 'phel</i>	d. 1982. One of the most famous twentieth-century Ladakhi amchis and a key amchi in the Nee <i>mendrup</i> ; from Kairy, Ladakh.
Yutok (Sarma) Yönten Gönpo, Yutok Yönten Gönpo	<i>g.yu thog gsar ma yon tan mgon po / g.yu thog yon tan mgon po</i>	Yutok the Younger, twelfth-century composer of the <i>Four Tantras</i> , often considered the “father of Tibetan medicine.”

## Glossary of Recurring Tibetan Terms and Key Texts

Note: Phonetic transcriptions follow the “THL Simplified Phonetic Transcription of Standard Tibetan” (Germano and Tournadre 2010); transliterations follow the “THL Extended Wylie Transliteration Scheme” (Chandler et al. 2004).

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>arura</i>	<i>a ru ra</i>	chebulic myrobalan, <i>Terminalia chebula</i>
<i>barura</i>	<i>ba ru ra</i>	beleric myrobalan, <i>Terminalia bellirica</i>
<i>beken</i>	<i>bad kan</i>	one of the three psychophysiological default systems or <i>nyepa</i> , <i>beken</i> is responsible for fluid-nutrient cycling, filtration, joint lubrication, and body structural integrity; sometimes translated as “phlegm” humor or <i>kapha dosha</i> , but not identical to Greek humoral or ayurvedic usages
<i>Bumzhi</i>	<i>'Bum bzhi</i>	<i>The Four Collections</i> ; the canonical root text for Bön Sowa Rigpa practitioners
<i>buram</i>	<i>bu ram</i>	jaggery
<i>choga</i>	<i>cho ga</i>	procedures, particularly of a medico-ritual type and often involving substances; commonly translated as “ritual,” but can be understood as technique
<i>chongzhi</i>	<i>cong zhi</i>	various specific forms of the minerals calcium carbonate (calcite, dolomite, aragonite), calcium sulfate (gypsum), and related variations; in our examples, often procured from the sedimentary rock limestone
<i>chongzhi daö</i>	<i>cong zhi zla 'od</i>	moonlight <i>chongzhi</i> ; name for both the special processing technique involving the exposure of limestone to full moon light, and the end product of this process
<i>chülen</i>	<i>bcud len</i>	essence extraction; name of practices that extract the essence from substances either pharmacologically or meditatively, and for rejuvenating substances sculpted through such practices
<i>damdzé</i>	<i>dam rdzas</i>	oath substance or commitment substance

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>dangma</i>	<i>dwangs ma</i>	nutritional essence
<i>dongga</i>	<i>dong nga</i>	elongated fruit pods of <i>Cassia fistula</i>
<i>drangtsi</i>	<i>sbrang rtsi</i>	honey
Dresum Menmar	<i>'bras gsum sman mar</i>	Three (Myrobalan) Fruits Medicinal Butter; name of a medicinal butter formula
<i>Dudjom Tersar</i>	<i>Bdud 'joms gter gsar</i>	revealed treasure teaching cycle associated with Dudjom Lingpa (1835–1904) and Dudjom Jigdral Yeshe Dorje Rinpoche (1904–1987)
<i>duk</i>	<i>dug</i>	toxin, poison (chemical/natural), pathogen, indigestible constituent, dirt, unwanted or harmful qualities; a multivalent term that in a <i>menjor</i> context can refer to anything that inhibits metabolic function and/or causes harm to the body
<i>dukdön</i>	<i>dug 'don</i>	detoxify; eliminate harmful components
<i>dütsi</i>	<i>bdud rtsi</i>	nectar, ambrosia
<i>dütsi chömen</i>	<i>bdud rtsi chos sman</i>	nectar dharma medicine
<i>dzé ki nüpa</i>	<i>rdzas kyi nus pa</i>	material potency; a capacity that arises from the materio-energetic properties of a substance's five functional activities (elemental dynamics, tastes, post-digestive tastes, potencies, and qualities); also known as potency of taste ( <i>ro yi nus pa</i> )
<i>dzo</i>	<i>mdzo</i>	a male yak-cow hybrid
<i>dzomo</i>	<i>mdzo mo</i>	a female yak-cow hybrid
<i>genla</i>	<i>rgan lags</i>	honorific term of address for a teacher
<i>gyüpa</i>	<i>rgyud pa</i>	(family) lineage practitioner
<i>Gyüzhi</i>	<i>Rgyud bzhi</i>	<i>Four Tantras</i> ; Sowa Rigpa's canonical root text
<i>honglen</i>	<i>hong len</i>	rhizome of <i>Picrorhiza kurroa</i>
<i>jinlap</i>	<i>byin rlabs</i>	blessing or consecration
<i>jinlap kyi nüpa</i>	<i>byin rlabs kyi nus pa</i>	potency of blessing

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>jinten</i>	<i>byin rten</i>	receptacle of blessings; refers to all kinds of blessed substances
<i>jungwa nga</i>	<i>'byung ba lnga</i>	the five elemental dynamics; interactive properties exhibited by matter and energy; often referred to simply as earth, water, fire, wind, and space, but defined by their respective properties of solidity/stability, cohesion/fluidity, maturation/heat, motility/movement, and interactive space, which together shape phenomenal behavior
<i>kachupa / menpa kachupa</i>	<i>dka' bcu pa / sman pa dka' bcu pa</i>	foundational Sowa Rigpa degree title; requirements vary across institutions, but nowadays usually requires five years of institutional education (often including a yearlong internship); known in English as Bachelor of Tibetan/Sowa Rigpa Medicine and Surgery
<i>khenda</i>	<i>khaNDa</i>	highly concentrated extract; used in the preparation of some substances and as a medicinal dosage form. At times it is decocted into the form of a thick syrup or treacle; otherwise, it is dried into glassy solids for storage and then pounded into a powder for usage in medicines.
<i>kyurura</i>	<i>skyu ru ra</i>	emblic myrobalan, <i>Phyllanthus emblica</i>
<i>laklen</i>	<i>lag len</i>	practice, practical experience; a method of knowledge transmission in Sowa Rigpa
<i>lamenpa</i>	<i>bla sman pa</i>	honorary title for personal physicians of lamas and rinpoches, most notably of the Dalai Lama
<i>lūng</i>	<i>rlung</i>	one of the three psychophysiological default systems or <i>nyepa</i> ; <i>lūng</i> is responsible for functions of motility and signaling; sometimes translated as “wind” humor or <i>vāta doṣa</i> , but not identical to Greek humoral or ayurvedic usages
<i>lüzung dün</i>	<i>lus zungs bdun</i>	the seven bodily constituents: nutritional essence, blood, muscle, fat, bone, bone marrow, reproductive essences
<i>medrö</i>	<i>me drod</i>	metabolic heat, digestive fire

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>men</i>	<i>sman</i>	medicine
<i>mendrup</i>	<i>sman sgrub</i>	accomplishment of medicine; can refer to both a medicinal compound consecration ritual, and to a medicinal compound accomplished at such a ritual
<i>menjor</i>	<i>sman sbyor</i>	medicine making or compounding; Sowa Rigpa pharmacology and the practices of pharmacy
<i>menmar</i>	<i>sman mar</i>	medicinal butter
<i>men-ngak</i>	<i>man ngag</i>	pith instruction, oral transmission; a method of knowledge transmission in Sowa Rigpa often restricted within certain lineages
<i>menpa</i>	<i>sman pa</i>	physician; a synonym for amchi that is increasingly used outside the Himalayas
<i>menrampa</i>	<i>sman rams pa</i>	advanced Sowa Rigpa degree title; nowadays usually awarded after ten plus years of study and practice after obtaining a <i>kachupa</i> degree, but curricula and levels vary
<i>menta</i>	<i>sman rta</i>	a substance (e.g., butter, honey) or formula preparation type (e.g., medicinal butter) that serves as a vehicle for carrying potency
<i>ngak kyi niüpa</i>	<i>sngags kyi nus pa</i>	potency of mantra
<i>ngowö nüpa</i>	<i>ngo bo'i nus pa</i>	essence potency, potency of identity, potency of a substance's intrinsic nature; the specific physiological effects that a substance is recognized to produce when ingested
<i>nyepa</i>	<i>nyes pa</i>	psychophysiological default system; the three <i>nyepa</i> ( <i>nyes pa gsum</i> ) link bodily constituents, organs, fluids, and energetic signaling dynamics to provide systemic functions such as motility, thermoregulation, and body structural integrity; sometimes translated as “the three humors” but not identical to the Greek humors; see also <i>beken</i> , <i>lüng</i> , <i>tripa</i>
<i>nü-top- yon ten</i>	<i>nus stobs yon tan gsum</i>	potency-strength-quality triad; a key framework for understanding potency in <i>menjor</i> and ritual contexts

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>nüpa</i>	<i>nus pa</i>	potency
<i>nüpa gyé</i>	<i>nus pa brgyad</i>	the eight (technical) potencies; eight specific characteristics of substances (heavy, oily, cool, dull/blunt, light, rough, hot, and sharp) and correlating physiological activities that substances produce in the body
<i>papta / papgyün</i>	<i>phabs rta / phabs gta' / phabs rgyun</i>	complex consecrated compounds variously translated as “fermenting agent,” “continuity catalyst, or yeast,” “samaya, lineage or treasure substance,” or “mother essence”
<i>rilbu</i>	<i>ril bu</i>	pill, traditionally rolled
<i>Rinchen Terdzö</i>	<i>Rin chen gter mdzod</i>	<i>Treasury of Rediscovered Teachings</i> ; monumental collection of Tibetan Buddhist texts compiled by Jamgön Kongtrul Lodrö Thayé in the nineteenth century
<i>ringsel</i>	<i>ring bsrel</i>	relic
<i>terma</i>	<i>gter ma</i>	revealed treasure (i.e., teachings)
<i>ting- ngédzin gyi niüpa</i>	<i>ting nge 'dzin gyi nus pa</i>	potency of meditative stabilization
<i>tongwé gyü</i>	<i>mthong ba'i rgyud</i>	engaged observation or “seeing transmission”; a method of knowledge transmission in Sowa Rigpa
<i>top</i>	<i>stobs</i>	strength; the overall warming or cooling capacities of a substance
<i>torma</i>	<i>gtor ma</i>	offering cake
<i>tri</i>	<i>khrid</i>	guiding explanations or practical instruction; a method of knowledge transmission in Sowa Rigpa
<i>tripa</i>	<i>mkhris pa</i>	one of the three psychophysiological default systems or <i>nyepa</i> ; <i>tripa</i> is responsible for metabolic heat, blood production, and thermoregulation; sometimes translated as “bile” humor or <i>pitta doṣa</i> , but not identical to Greek humoral or ayurvedic usages

## Appendix

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
trültel	'phrul thal	magical ash; a special type of <i>chongzhi</i> processing that is particularly suitable for <i>chülen</i>
tsotel	btso thal	a processed organometallic mercury sulfide complex in ash powder form
<i>tu</i>	<i>mthu</i>	power; in the <i>menjor</i> context, it is the core capacity of the essence potency of a substance, the quintessence of its characteristic capacity
<i>tülkü</i>	<i>sprul sku</i>	reincarnate lama
<i>tülwä</i>	<i>btul ba</i>	tamed; past tense of the verb <i>dülwä</i> (' <i>dul ba</i> ), to tame
<i>yönten</i>	<i>yon tan</i>	in the context of <i>menjor</i> , seventeen qualities or attributes resulting from a substance's taste and potencies that determine the specific functional activities that substances produce in the body and the way they harmonize, antagonize, or neutrally engage the characteristics of each <i>nyepa</i> pathway; more broadly, <i>yönten</i> refer to virtues, attainments, and capabilities.
<i>yukchö</i>	<i>dbiyug bcos</i>	stick therapy; a yogic external therapy consisting of tapping the patient's body with the head of specific types of wooden sticks
<i>Yutok Nyingtik</i>	<i>G.yu thog snying thig</i>	<i>Yutok Heart Essence</i> ; a core spiritual practice for many amchis from the collection known as the <i>Treasury of Rediscovered Teachings</i> , or <i>Rinchen Terdzö</i> ( <i>Rin chen gter mdzod</i> )