

ITTM Data Input Project of Tibetan Medical Texts

To make a valuable contribution to the study, translation and preservation of classical Tibetan medical texts, ITTM has been preparing the electronic versions of key Tibetan medical works, covering the period of the 9th to 19th century AD.

The data input of Tibetan medical texts has been an ongoing project, financed through the contributions of visiting scholars to ITTM. The project commenced in March 1999 and was initially sponsored by the Asian Classic Input Project (ACIP), New York. The project generates income for Tibetan refugee women in Kalimpong who are trained at ITTM. Since July 2000, two new input operators, Diki Choden Bhutia and Chaying Lhamo, have been working full-time on the data input. All texts are typed in twice, then compared electronically and checked again for typing errors.

So far, not even the main medical text, "The Four Medical Tantras" (Tib. *rgyud bzhi*) has been fully translated and published in English. The corpus of Tibetan medical texts is enormous, and an entire translation of the main works would still take decades to be completed. It seems more feasible for individual scholars to research specific subjects of Tibetan medicine and translate sections from various texts on selected research topics. The old texts are not indexed and electronic search will help to deal with the Tibetan medical literature according to subjects, more specifically and economically.

The following summary introduces the medical works available in the database. We aim to present the data online and on CD-ROM as soon as corrections are completed. Currently, interested scholars can have access to the data for their personal research and can undertake electronic searches while in residence at the ITTM Centre.

List of Archived Tibetan Medical Texts

So far the following texts have been typed into computers in ACIP transliteration which can be converted with the Sambhota programme into Wylie transliteration and the Tibetan *u chen* script.

Century	Number of works
9 th Century	1
11 th Century	2
12 th Century	3
15 th Century	2
16 th Century	1
17 th Century	3
18 th Century	2
19 th Century	3

9th Century

Title: རྒྱལ་ལྷན་པུས་ལྷན་བཅའ་རྒྱལ་པོ།

smān dpyad zla ba'i rgyal po

Sanskrit Title: *Somarājabhai saṃyāsādhana*

Author: *Nāgārjuna (klu sgrub)* (9th c?), Translators: *Hashang Mayayana and Vairocana* (other texts mention different translators)

Reprint: *bod gzhung smān rtsi khang*, Dharamsala 1994

Pages: 323

Electronic version: 550KB

Comments: According to Sangye Gyatso this work originates from China, then came to India and into the hands of Nagarjuna, who often is attributed with the authorship. The text belongs to the 'early translation period' (*snga 'gyur*). Next to the *cha lag bco brgyad* and the *yan lag brgyad pa* it was mentioned as an important medical text at least until the 17th century.

11th Century

Title: རྒྱལ་ལྷན་པུས་རྒྱལ་པོ་འཛོམས་མཛོད།

gso dpyad rgyal po'i dkor mdzod

Author: Jetsun Drapa Gyaltzen (*rje btsun grags pa rgyal mtshan*) (1147-1216)

Reprint:

1. *kan su'u mi rigs dpe skrun khang*; Lanzhou 1993

2. Namgyal Institute of Tibetology, Gangtok, Sikkim 1966

Pages: Chinese edition: 224

Electronic version: (of the Chinese edition) 262 KB

Comments: *Grags pa rgyal mtshan* was a Sakya throne holder, and the third great scholar from the remarkable family of Khon. He authored the earliest *rgyal rabs* of Tibet, *bod kyi rgyal rabs*, as well as many other texts on various topics. His medical work comprises 27 chapters on the treatment of various diseases with an emphasis on the different types of fevers.

Title: རྒྱལ་ལྷན་པུས་རྒྱལ་པོ་འཛོམས་མཛོད་པོ།

yan lag brgyad pa'i snying po bsdu pa zhes

Brief title: *yan lag brgyad pa*

Author: Translators: Rinchen Zangpo (958-1055) and Jarandhara

Reprint: *gso rig pa'i rtsa 'grel bdam bsgrigs*. (A collection of medical works from the Tenjur). *mi rigs dpe skrun khang*, Beijing 1989, Vol. 1-3

Pages: 112-756 (Vol. 1)

Electronic version: to be completed

Comments: The early *Ashtanga Hridaya Samhita* is a systematised text of human illness and therapy in six sections (Skt. *sthana*), which incorporates the *Eight Branches*, known as *Ashtanga Hridaya* in Sanskrit, and *yan lag brgyad pa* in Tibetan. The relationship between Vagbhata and *rgyud bzhi* are dealt with in detail by Emmerick (1977), according to which the Tibetan translation of *Astanga Hrdaya Samhita* forms a basis of the *rgyud bzhi*. ITTM has been working on preparing a glossary database of medical terms derived from this text (for details see www.ittm.org).

[Emmerick, Ronald E. 1977: "Sources of the rgyud bzhi". *Zeitschrift der Deutschen Morgenländischen Gesellschaft*. Wiesbaden. Supl. III:2:1135-1142]

12th Century

Title: རྒྱལ་ལོ་ལྔ་ལྔ་ལྔ་བཅུ་གཉིས་ཀྱི་ཆ་ལག་བཅོ་བརྒྱད་།།

cha lag bco brgyad

Brief title: *cha lag bco brgyad*, also: *sman gzhung cha lag bco brgyad* ("The 18 Implementations")

Author: controversial; authorship is generally attributed to Yuthog Yonten Gonpo (1112-1203) and to his students

Reprint:

1. *sMan gzhung cha lag bco brgyad*. Varanasi 1967

2. *Yuthog's Treatise on Tibetan Medicine*. Lokesh Chandra (ed.). Satapitaka Series Vol. 72. New Delhi 1968

3. *Gyu thog cha lag bco brgyad: a corpus of Tibetan medical teachings attributed to Gyu thog the Physician*. Delhi: Topden Tshering, Tibetan Bonpo Monastic Centre, Dolanji, H.P. 1976

Pages: 538 (1968 version)

Electronic version: to be completed (1968 version)

Comments: The value of the work was interpreted differently at various stages of Tibetan medical history. Till the 17th century this collection was held in high regards by the *zur lugs* and *byang lugs* medical traditions. After Sangye Gyatso's works appeared, the *cha lag bco brgyad* received less attention. However, it is still consulted by Tibetan medical students today.

Title: རྒྱལ་ལོ་ལྔ་ལྔ་ལྔ་བཅུ་གཉིས་ཀྱི་བདུན་ཚུལ་སྒྲིབ་པོ་ཡན་ལག་བཅུད་པ་གསང་བ་མན་ངག་གི་རྒྱུད་།།

bdud rtsi snying po yan lag brgyad pa gsang ba man ngag gi rgyud

Brief title: "THE FOUR TANTRAS" or *Gyushi*

Author: controversial; authorship is generally attributed to Yuthog Yonten Gonpo (1112-1203)

Reprint: 1. Dharamsala (no date) 2. Chakpori Medical Institute, Darjeeling 1992

Pages: 687 (Dharamsala edition), 424 (Chakpori edition; excluding the 3rd Tantra)

Electronic version: 1.16MB (Dharamsala edition)

Comments: The *Four Tantras* contain 156 chapters and are divided into four books. The current version is based on the 12th century edition, compiled by the famous physician Yuthog Yonten Gonpo (1112-1203), and is the most important text in Tibetan medicine still today. The debate whether it is the translation of an Indian text, or a Tibetan composition is ongoing, although most scholars agree that it must be indigenously Tibetan, but has been heavily influenced by Indian, Chinese, Greek and other medical traditions. The chapters explicate the eight branches of Tibetan medicine: the body (including physiology, anatomy, embryology, pharmacology), paediatrics, gynaecology, disorders caused by spirits, wounds inflicted by weapons, toxicology, geriatrics, and fertility.

Title: རྒྱལ་ལོ་ལྔ་ལྔ་ལྔ་བཅུ་གཉིས་ཀྱི་བདུན་ཚུལ་སྒྲིབ་པོ་ཡན་ལག་བཅུད་པ་གསང་བ་མན་ངག་གི་རྒྱུད་ལས་བཤད་པའི་རྒྱུད་གྱི་

འགྲེལ་པ་འབྲུམ་ནག་གསལ་སྒྲིབ་།།

bdud rtsi snying po yan lag brgyad pa gsang ba man ngag gi rgyud las bshad pa'i rgyud kyi 'grel pa 'bum nag gsal sgron

Brief title: *bshad rgyud 'grel pa 'bum nag gsal sgron*

Author: Dznyana Dharitsam (*dznya na dha ris brtzams* = *Ye shes gzung*) (12th c.)

Reprint: *mi rigs dpe skrun khang*, Beijing 1998

Pages: 270

Electronic version: 447KB

Comments: *Ye shes gzung* was the most famous student of Yuthok Yontan Gonpo the Younger and author of several medical works. This is an early commentary on the 31 chapters of the *bshad rgyud* (the second part of the Four Tantras). It quotes the original sections from the *Gyushi*, followed by explanations of the meaning.

15th Century

Title: རྒྱུད་བཞི་འི་གྲེལ་པ་མཛད་པའི་སྐུ་བཞི་འི་འགྲེལ་པ།

mkhas dbang skyem pa tshe dbang mchog gis mdzad pa'i rgyud bzhi'i 'grel pa

Author: Kyempa Tsewang (*skyem pa tshe dbang mchog*), completed in 1479

Reprint: *bod gzhung sman rtsi khang*, Dharamsala 1997

Pages: Vol.1: x, 592

Electronic version: Vol. 1: 1.07 MB

Comments: Kyempa Tsewang was a renowned scholar and physician of the 15th century Tibet. He followed the tradition of the Zhurkar (*sur lugs*) that developed about half a century after the Jangpa tradition (*byang lugs*). The first two of his four commentaries have recently (Dharamsala 1997) been reprinted as a hard-bound book (592 pages). Kyempa Tsewang gives considerable importance to the ethics and pre-requisites for students as well as teachers of Tibetan medicine and devoted the entire first chapter to the subject. Not only personality and character development of student and teacher, their ethics in teaching and receiving the teachings, but also spiritual guidelines are included in his expositions. He arranged his work in four sub-treatises following the outline of the *Gyushi*. The same chapter outline reappears in the "Blue Lapis Lazuli" (*vaidurya sngon po*) by Desi Sangye Gyatso, written about two hundred years later.

Title: རྒྱུད་བཞི་འི་གྲེལ་པ་མཛད་པའི་སྐུ་བཞི་འི་འགྲེལ་པ།

man ngag bye ba ring bsrel bod chung rab 'byams gsal ba'i sgron me

Author: Zurkha Nyamnyi Dorjee [1439-1475]

Reprint: *kan su'u mi rigs dpe skrun khang*, Lanzhou 1993

Pages: 3, 29, 854

Electronic version: 960 KB

Comments: This text is a summary of two previous works by Zurkha Nyamnyi Dorjee. It has three parts and was of importance to Sangye Gyatso in writing the *Vaidurya sngon po* three hundred years later. The author was a representative of the *zur lugs* school of Tibetan medicine. The work still forms a part of the Tibetan medical curriculum today.

16th Century

Title: རྒྱུད་བཞི་འི་གྲེལ་པ་མཛད་པའི་སྐུ་བཞི་འི་འགྲེལ་པ།

rgyud bzhi'i 'grel pa mes po'i zhal lung

Author: Zurkha Lodo Gyalpo (*zur mkhar ba blo gros rgyal po*, 1509-1579), Compiled between 1560 and 1570.

Reprint: *bod gzhung sman rtsi khang*, Dharamsala

Pages: Indian edition: Vol. 1: 3, 728; Vol. 2: 6, 782

Electronic version: Vol. 1: 1.73 MB; Vol. 2: 1.84 MB

Comments: Lodo Gyalpo was the main representative of the *zur lug* school of Tibetan medicine. This is his main work, a commentary on the *Gyushi*, and is entitled "Commentary on the Four Tantras: Oral Instruction of the Ancestor". Lodo Gyalpo completed the commentary only on the first and second Tantra and on the first two chapters of the Last Tantra of the *Gyushi*. The work was later completed by Darma Menrampa Lobsang Choedrag. This work of dual authorship has been exemplary in the history of Tibetan medical literature. It summarises the main points of previous writers, corrects erroneous views and explores the content of previous Indian sources. It was a major source for Sangye Gyatso's *Vaidurya sngon po*.

Title: རྒྱ་བོད་ཀྱི་གསོ་བ་རིག་པའི་དཀར་ཆག་མུ་ཏིག་ཕྱེང་བ།

bod kyi gso ba rig pa'i dkar chag mu tig phreng ba

Full Title: *bod kyi mkhas pa rim byon gyi gso rig gsung 'bum dkar chag mu tig phreng ba*

Author: Lama Kyab (*bla ma skyabs*)

Reprint: *kan su'u mi rigs dpe skrun khang*; Lanzhou 1997

Pages: 284

Electronic version: 357 KB

Comments: This work comprises a catalogue of authors and their medical works. The list is arranged alphabetically according to authors.



We are actively searching for further funding to complete the corrections of the electronic versions of the above mentioned Tibetan medical texts. One-time contributions of colour display monitors and second hand computers for data-input are welcome! Depending on the funds, we wish to fulfil a secondary socio-economic objective of increasing the number of input operators in the project and help generate more income for Tibetan women in Kalimpong!

For details please contact:

www.ittm.org/contact