

Glossaries of Tibetan and Sanskrit Terms

1 Who is Who? Glossary of Tibetan Names

Note: In numerous cases the phonetic spellings reflect the local spellings used by the people themselves.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Ama Lobsang Dolma Khangkar (1935–1989) briefly: Ama Lobsang	A ma blo bzang sgrol ma khang dkar, A ma blo bzang	A female physician of the Khangkar family in Kyirong, southwestern Tibet, who established and directed her independent clinic in McLeod Ganj. Her two daughters trained as Tibetan physicians. She processed mercury herself. See Fig. 32.
Amchi Gege (1940–2011)	Am chi dge dge	See Tsultrim Sangyé.
Amchi Karma	Am chi kar ma	Ladakhi amchi who took part in the <i>tsotel</i> events in Nee, Ladakh, in 1994 and came for some parts of the process in 2002.
Amchi Katak	Am chi ka dag	Ladakhi amchi who took part in the <i>tsotel</i> events in Nee, Ladakh, in 1994 and 2002.
Amchi Kunchog Tseten	Am chi dkon mchog tshe brtan	Contemporary Tibetan medical practitioner from Amdo; holds degrees in Tibetan and Chinese medicine; practices in New York.
Amchi Kunsang Kunphen (1924–2006)	Am chi kun bzang kun phan	See Kunsang Kunphen.
Amchi Lama Rigzin	Am chi bla ma rig 'dzin	Ladakhi amchi, president of the Ugyen Sorig Tsokspa based at Nee, Ladakh, prepared <i>tsotel</i> with Trogawa Rinpoche in Nee in 1994 and 2002; co-sponsored the <i>tsotel</i> event in 1994.
Amchi Lama Wangchuk	Am chi bla ma dbang phyug	Ladakhi amchi who took part in the <i>tsotel</i> events in Nee, Ladakh, in 1994 and 2002.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Amchi Nawang Tarchin	Am chi ngag dbang mthar phyin	See Nawang Tarchin (Note: Nawang is the phonetic spelling of Ngawang used in Ladakh).
Amchi Nawang Tsering	Am chi ngag dbang tshe ring	Ladakhi amchi, disciple of Amchi Lama Rigzin, main <i>menjorpa</i> of the Ugyen Sorig Tsokspa based at Nee, Ladakh. He took part in the <i>tsotel</i> events in Nee, Ladakh, in 1994 and 2002.
Amchi Nyima Sempel (1969–)	Am chi nyi ma bsam 'phel	Contemporary amchi from a Bonpo family tradition from Jharkot, Mustang, who was trained by Amchi Gege in Kathmandu.
Amchi Padma Tsetar	Am chi pad+ma tshe thar	Ladakhi amchi from eastern Ladakh, trained by Amchi Lama Rigzin, who took part in the <i>tsotel</i> events in Nee, Ladakh, in 1994 and 2002.
Amchi Tsültrim	Am chi tshul khrimis	He was appointed part-time physician at the Powo Tramo clinic after curing a high military officer in the 1970s; probably identical with Tsultrim Sangyé.
Amchi Wangchuk Lama (1942–)	Am chi dbang phyug bla ma	A senior Tibetan physician who settled in exile in Nepal. He made <i>tsotel</i> with his lama in 1955 at the Drakkar Taso Monastery in his home region of Kyirong in southwestern Tibet.
Ani Ngawang (ca. 1930–2006)	A ni ngag dbang	A Tibetan nun from Nyémo (Snye mo) trained in Tibetan medicine, disciple of Kyémé Rinpoche from eastern Tibet. See Fig. 31.
Barawa Gyeltsen Pelzang (1310–1391)	'Ba' ra ba rgyal mtshan dpal bzang	Founded the Barawa Kagyü school, a sub-school of the Drukpa Kagyü, in central Tibet. His <i>Collected Writings</i> include two small works on <i>ngülchu</i> by the first Drigungpa Jikten Sumgön (1143–1217).
Bhalipa	'Ba' li pa or: B+ha li pa	See Sanskrit: Vyālipa. An Indian Mahāsiddha and author of two works on mercury elixirs that were translated into Tibetan.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Choelothar	Chos lo thar	Contemporary Tibetan physician who took part in the MTK <i>tsotel</i> event of 1994; currently vice president of the Chauntra Sowa-Rigpa Study & Research society. He wrote a book on the history of MTK (Choelothar 2000).
Chöphel Kalsang	Chos 'phel skal bzang	Contemporary, privately working amchi, trained by Dr. Yeshe Dhonden in McLeod Ganj; established his own Sorig Tibetan Herbal Clinic near Dharamsala.
Darmo Menrampa Lobsang Chödrak (1638–1710)	Dar mo sman rams pa blo bzang chos grags	The chief physician of the Fifth Dalai Lama; supervised the <i>tsotel</i> event of 1678.
Dawa	Zla ba	Contemporary Tibetan physician, director of the MTK at the time of the second <i>tsotel</i> toxicity study in 2009.
Dawa Dolma	Zla ba sgrol ma	Contemporary, MTK-trained Tibetan physician. She was head of the MTK Research and Development Department during the first clinical study on <i>tsotel</i> in 2002.
Dawa Ridrak (1963–)	Zla ba ri brag	Tibetan physician who graduated from the MTK in 1991; worked at the MTK pharmacy for ten years and also directed the Herbal Product Research Department; lives in New York. He took part in MTK <i>tsotel</i> events of 1994 and 2001; included a detailed description of the 1994 event in his <i>menjor</i> work (Dawa Ridrak 2003).
Degé Drungyig Gurupel (fl. 18th century) briefly: Gurupel	Sde dge'i drung yig gu ru 'phel, Gu ru 'phel	Tibetan physician and medical author from Degé in Kham, nephew of Situ Chökyi Jungné; wrote a <i>tsotel</i> manual (text 11 in the <i>Collected Works on Mercury Formulations</i> , Appendix D).
Demo Rinpoche Ngawang Lobsang Trinlé Rappgyé (1855–1899)	De mo rin po che ngag dbang blo bzang 'phrin las rab rgyas	Regent of Tibet (1886–1895), who provided part of the mercury for the <i>tsotel</i> event of 1893 under the Thirteenth Dalai Lama.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Dési Sangyé Gyatso (1653–1705)	Sde srid sangs rgyas rgya mtsho	Regent of the Fifth Dalai Lama; author of the <i>Blue Beryl</i> commentary on the <i>Four Treatises</i> among many other works.
Deumar Tendzin Püntso (b. 1672) also: Deumar Geshe Tendzin Püntso briefly: Deumar	De'u dmar bstan 'dzin phun tshogs, De'u dmar dge bshes bstan 'dzin phun tshogs, De'u dmar	Famous physician from eastern Tibet and author of many medical and other texts.
Dhondup Tsering	Don grub tshe ring	MTK medical student in 1997 (ninth batch); she was trained in Ayurvedic mercury processing at BHU, Varanasi.
Do Dasel Wangmo (1928–)	Mdo zla gsal dbang mo	Tibetan physician from a well-positioned Nyingma family in Kham; she participated in making <i>tsotel</i> in Lhasa in 1983–1984. Student of Lama Khempo Öser. See Fig. 30.
Do Khyentse Yeshe Dorjé (1800–1866)	Mdo mkhyen brtse ye shes rdo rje	A famous master of the Nyingma School of Tibetan Buddhism, great-grandfather of Do Dasel Wangmo.
Do Tsédzin Wangmo (1914–1953)	Mdo tshe 'dzin dbang mo	The mother of Do Dasel Wangmo, who studied medicine with Troru Jampel (Khro ru 'jam dpal, n.d.), a disciple of Ju Mipam.
Domo Geshe Rinpoche Ngawang Kalsang (1866–1936)	Dro mo dge shes rin po che ngag dbang bskal bzang	Gelukpa lama who was famous for his blessing pills. He was the teacher of Anagarika Govinda.
Dorje Damdul	Rdo rje dgra 'dul	Contemporary MTK-trained Tibetan physician, associate professor at the Sowa Rigpa Department at CIHTS in Sarnath, where he taught the making of <i>tsotel</i> three times together with Rakdo Rinpoche.
Dozur Tsering Wangyal (died 1975)	Mdo zur tshe ring dbang rgyal	The first husband of Ama Lobsang Dolma Khangkar.
Drangti Penden Gyeltsen (fl. 14th century)	Brang ti dpal Idan rgyal mtshan	Tibetan physician of the Drangti clan who authored a work on Orgyenpa's mercury practice.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Drigung Chödrak	'Bri gung chos grags	See Drigung Rigzin Chökyi Drakpa.
Drigung Rigzin Chökyi Drakpa (1595–1659), briefly: Drigung Chödrak	'Bri gung rig 'dzin chos kyi grags pa, 'Bri gung chos grags	A trained physician and the twenty-third throne holder of the Drigung Kagyü, one of the sub-lineages of the Kagyü school of Tibetan Buddhism, who wrote eleven short works on precious pills and mercury processing in his <i>Drigung Collection of Sowa Rigpa</i> .
Drigungpa Jikten Sumgön (1143–1217)	'Bri gung pa 'jig rten gsum mgon	A Drigung lama who wrote two short works on mercury processing.
Dromrik Nenjor Yéshé (fl. 17th century)	'Brom rigs rnal 'byor ye shes	Most probably authored texts 3 and 5 in the <i>Collected Works on Mercury Formulations</i> (Appendix D).
Drowa Zangmo (fl. 13th century)	'Gro ba bzang mo	The female consort of Götsangpa, teacher of Orgyenpa. They met in India in 1217.
Dzongsar Jamyang Khyentsé Rinpoche (1961–)	Rdzong gsar 'jam dbyangs mkhyen brtse rin po che	A Nyingma lama from Bhutan who sponsored the <i>tsotel</i> event of Trogawa Rinpoche in Nee in 2002.
Dzongsar Khyentsé Chökyi Lodrö (1893–1959)	Rdzong gsar mkhyen brtse chos kyi blo gros	A great Rimé master of the early twentieth century, trained at Katok Monastery in Kham; Trogawa Rinpoche's root guru.
Epa Sonam Rinchen	E pa bsod nams rin chen	Contemporary MTK-trained physician and astrologer, author of Lamempa Tenzin Chödrak's biography.
Ganden Tripa Ngawang Tsültrim (1721–1791)	Dga' ldan khri pa ngag dbang tshul khrimis	Spiritual leader of the Gelukpa school. He supervised the religious and administrative aspects of the <i>tsotel</i> event of 1783 under the Eighth Dalai Lama.
Gen Gojo Wangdu	Dgen go 'jo dbang 'dus	Senior Tibetan physician and teacher from Gojo (eastern Tibet) who is a retired professor from Tibet University for Tibetan Medicine in Lhasa. He was one of the participants of the 2011 Kathmandu workshop "Producing Efficacious Medicine."

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Gen Rinpoche Rakdo Lobsang Tenzin (1956–) also: Rakdo Rinpoche	Dgen rin po che rag rdo blo bzang bstan 'dzin, Rag rdo rin po che	A Tibetan scholar and physician who was trained by Khempo Troru Tsénam in Lhasa. He has been teaching at the CIHTS Sowa Rigpa Department since 1993 and became full professor there in 1998. He taught the making of <i>tsotel</i> three times between 1998 and 2008 together with Dr. Dorje Damdul.
Götsangpa Gönpo Dorjé (1189–1258) also: Gyalwa Götsangpa	Rgod tshang pa mgon po rdo rje, Rgyal ba rgod tshang pa	A great master of the Drukpa Kagyü lineage, teacher of Orgyenpa.
Gowa Tashi Tsering (died ca. 1968)	'Go ba bkra shis tshe ring	Name of the last amchi of the medical family lineage from Ngari of Tashi Tsering Josayma.
Gurupel	Gu ru 'phel	See Degé Drungyig Gurupel.
Gyalwang Rinpoche	Rgyal dbang rin po che	"Royal Precious One," an epithet of the Dalai Lama.
Gyayé Lobsang Nyima (1933–)	Rgya ye blo bzang nyi ma	Contemporary senior amchi and head doctor of the Qinghai Provincial Tibetan Medical Hospital, who invited Khempo Troru Tsénam to teach <i>tsotel</i> in Amdo. He has made <i>tsotel</i> more than thirty times in his lifetime.
Jamgön Kongtrul Lodrö Thayé (1813– 1899/1900), also known as: Kongtrul Yönten Gyatso or: Karma Ngawang Yönten Gyatso	'Jam mgon kong sprul blo gros mtha' yas, Kong sprul yon tan rgya mtsho, Karma ngag sbang yon tan rgya mtsho	A great Buddhist master, physician, and writer from eastern Tibet who was a specialist in <i>tsodru chenmo</i> ; wrote many medical and Buddhist texts. The Men-Tsee-Khang in Dharamsala follows his <i>tsotel</i> manual (text 12 in the <i>Collected Works on Mercury Formulations</i> , Appendix D).
Jampa Triné (1928–2011)	Byams pa 'phrin las	Tibetan physician, scholar, writer, and director of Lhasa Mentsikhang. He was a student of Lamempa Khyenrap Norbu.
Jampel Gyatso (1758–1804)	'Jam dpal rgya mtsho	The Eighth Dalai Lama, under whom <i>tsotel</i> was made in 1783 and / or 1795 (?).

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Jamyang Chökyi Lodrö (1893–1959)	'Jam dbyangs chos kyi blo gros	A famous Nyingma lama who made <i>tsotel</i> in eastern Tibet in 1933. He is also known as Dzongsar Khyentsé Chökyi Lodrö.
Jamyang Dolma	'Jam dbyangs sgrol ma	Contemporary MTK-trained physician; she was the head of the Research and Development Department at the MTK in Dharamsala in 2013.
Jamyang Lhündrup (1938/39–)	'Jam dbyangs lhun grub	Tibetan physician who made <i>tsotel</i> at the Lhokha Mentsikhang in southern Tibet in 1991 and wrote about it.
Jamyang Tashi	'Jam dbyangs bkra shis	Current head of the MTK Pharmacy Department; received the <i>tsotel</i> transmission from Lamempa Tenzin Chödrak in 1994 and from Dr. Namgyal Tsering in 2001; supervised the MTK <i>tsotel</i> events in 2008, 2011, and 2014. See Fig. 21 and 41.
Jamyang Tashi of Tsona (1918–1986)	Mtsho sna 'jam dbyangs bkra shis	See Lamempa Jamyang Tashi.
Jetsunma Do Dasel Wangmo (1928–)	Rje btsun ma mdo zla gsal dbang mo	See Do Dasel Wangmo.
Jikmé Pema Wangchen (1963–)	'jigs med pad+ma dbang chen	The Twelfth Gyalwang Drukpa Rinpoche, current head of the Drukpa Kagyü lineage of Tibetan Buddhism.
Ju Mipam	'Ju mi pham	See Mipam Namgyel Gyatso.
Kagyü Rinpoche Tendzin Norbu (1899–1959)	Dkar brgyud rin po che bstan 'dzin nor bu	Nyingma master of the Drakkar Taso Monastery in Kyirong in southwestern Tibet who taught and sponsored the making of <i>tsotel</i> in 1955.
Kairy Amchi Tsering Paljor (1931–2007)	Rgya re am chi tshe ring dpal 'byor	Ladakhi amchi from Kairy (in Upper Indus valley) who first invited Trogawa Rinpoche to Nee. He took part in making <i>tsotel</i> in Nee in 1997 and came for part of the <i>tsotel</i> process in 2002.
Karma Chöpel	Karma chos 'phel	Tibetan physician who took part in making <i>tsotel</i> at Powo Tramo in 1977 and later also in Lhokha; one of the teachers of Tashi Yangpel Tashigang.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Karma Ngélek Tendzin (b. around 1700)	Karma nges legs bstan 'dzin	Physician and author from eastern Tibet, student of Situ Pañchen.
Karma Tsépel (fl. 19th century)	Karma tshe dpal	Physician of Pelpung Monastery in eastern Tibet.
Karma Yéshé Pelzang	Karma ye shes dpal bzang	Authored text 8 in the <i>Collected Works on Mercury Formulations</i> (Appendix D).
Kelsang Dhonden	Bskal bzang don ldan	Contemporary MTK-trained physician and nephew of Dr. Yeshe Dhonden. He was also taught by his uncle and established his own pharmacy and clinic near Dharamsala.
Kelzang Gyatso (1708–1757)	Bskal bzang rgya mtsho	The Seventh Dalai Lama, who wanted to make <i>tsotel</i> in 1754 but passed away prematurely.
Kesip Atsang	Ke srib a tshang	A Tibetan physician who made <i>tsotel</i> with Jamyang Chökyi Lodrö in 1933.
Khempo Öser	Mkhan po 'od gser	Twentieth-century physician and Buddhist master from Kham who made <i>tsotel</i> in Lhasa with Troru Tsénam in 1983–1984. Teacher of Do Dasel Wangmo.
Khempo Troru Tsénam (1926–2004)	Mkhan po khro ru tshe rnam	Eastern Tibetan physician and Buddhist scholar of Katok Monastery. He made <i>tsotel</i> together with Lamempa Tenzin Chödrak and others in Powo Tramo in Kongpo in 1977. He was instrumental in teaching <i>tsodru chenmo</i> to Tibetan physicians in the PRC after the 1980s; published widely.
Khyenrap Norbu (1883–1962)	Mkhyen rab nor bu	See Lamempa Khyenrap Norbu.
Könchok Dropen Wangpo (b. 1631)	Dkon mchog 'gro phan dbang po	A Drigung physician and composer of medical commentaries; disciple of Drigung Rigzin Chökyi Drakpa (1595–1659).
Kongtrul Yönten Gyatso (1813–1899/1900)	Kong sprul yon tan rgya mtsho	See Jamgön Kongtrul Lodrö Thayé.
Künga Püntsoik	Kun dga' phun tshogs	A private medical student of Lamempa Khyenrap Norbu.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Kunsang Kunphen (1924–2006)	Kun bzang kun phan	Tibetan physician from Nyalam, who studied under Lamenna Khyenrap Norbu and received the <i>tsotel</i> training from the medicine compounder Topgyel of Lhasa Mentsikhang; established himself in Kathmandu in 1973 with the support of the Nepali king. He made <i>tsotel</i> with Tashi Yangpel Tashigang in 1985. His clinic still produces <i>tsotel</i> at the Nyalam Medicine Factory in the TAR and makes precious pills in Kathmandu.
Kyapjé Trijang Rinpoche Lobsang Yeshe Tenzin Gyatso (1901–1981)	Skyabs rje khri byang rin po che blo bzang ye shes bstan 'dzin rgya mtsho	Gelukpa lama and one of the main teachers of the Fourteenth Dalai Lama.
Kyémé Rinpoche	Skye med rin po che	Physician and lama from eastern Tibet; teacher of Ani Ngawang.
Lamenna Jamyang Tashi (1918–1986) also: Jamyang Tashi of Tsona	Bla sman pa 'jam dbyangs bkra shis, Mtsho sna 'jam dbyangs bkra shis	Studied at the Mentsikhang in Lhasa, became head of the MTK Pharmacy Department in Dharamsala in 1963 and the personal physician of the Fourteenth Dalai Lama in 1976. Took part in the MTK <i>tsotel</i> event of 1982. See Fig. 18.
Lamenna Jamyang Zhenpen (fl. 18th century)	Bla sman pa 'jam dbyangs gzhan phan	The personal physician of the Eighth Dalai Lama, who guided the <i>tsotel</i> event of 1783.
Lamenna Khyenrap Norbu (1883–1962)	Bla sman pa mkhyen rab nor bu	A student of Trékhang Jampa Tupwang, head of Chakpori Medical College until 1924, director of Lhasa Mentsikhang, and personal physician of the Thirteenth Dalai Lama.
Lamenna Orgyen Tendzin Gyatso (fl. 19th century)	Bla sman pa o rgyan bstan 'dzin rgya mtsho	Tibetan physician from Tsurpu Monastery, who worked at Chakpori Medical College in Lhasa and authored a rare text on <i>tsotel</i> and one on Rinchen Tsodru Dashed (texts 9 and 10 in the <i>Collected Works on Mercury Formulations</i> , Appendix D). He made <i>tsotel</i> in Lhasa in 1893 under the Thirteenth Dalai Lama and served as his vice-personal physician. He was later exiled to Bhutan.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Lamenpa Tenzin Chödrak (1924–2001)	Bla sman pa bstan 'dzin chos grags	Student of Lamenpa Khyenrap Norbu, and later the personal physician of the Fourteenth Dalai Lama. He made <i>tsotel</i> in 1953 and 1977 and passed on the lineage to the MTK in Dharamsala. See Fig. 18 and 22.
Lhakpa Ngödrup	Lhak pa ngö drup	CTMI graduate who took part in the 2002 <i>tsotel</i> event in Nee, Ladakh.
Lhatsün Rinchen Gyatso (fl. 14th century)	Lha btsun rin chen rgya mtsho	Tibetan medical author from Drongtsé ('Brong rtse); included Orgyenpa's mercury texts in his works.
Lingmen Trashi Bum (b. 1726)	Gling sman bkra shis 'bum	Medical practitioner and author from eastern Tibet.
Lobsang Chöpel Phagri	Blo bzang chos 'phel phag ri	Twentieth-century Tibetan physician from Phagri; senior MTK teacher in the 1980s; participated in making <i>tsotel</i> in 1982. See Fig. 20.
Lobsang Samten Taklha	Blo bzang bsam gtan stag lha	Director of the Dharamsala MTK from 1980 to 1985; brother of the Fourteenth Dalai Lama; husband of Namgyal Lhamo Taklha.
Lobsang Tashi	Blo bzang bkra shis	Senior amchi from Dromo (Dromo) who presented three texts on mercury processing to the <i>Collected Works on Mercury Formulations</i> published by Tashi Tsering (1986), Appendix D.
Lobsang Tenzin	Blo bzang bstan 'dzin	Chief <i>menjorpa</i> of the private physician Yeshi Dhonden in McLeod Ganj.
Lobsang Tsultrim (1921–2004?)	Blo bzang tshul mkhrim	Studied at Chakpori Medical College in Lhasa; made <i>tsotel</i> with Trogawa Rinpoche in Lhasa in 1954.
Lodrö Gyatso (1722–1774)	Blo gros rgya mtsho	The Twelfth Degé King, who was trained in and practiced medicine and sponsored Situ Pañchen's <i>tsotel</i> event.
Mipam Namgyel Gyatso (1846–1912) briefly: Ju Mipam	Mi pham rnam rgyal rgya mtsho, 'ju mi pham	Famous polymath, student of Kongtrül Yönten Gyatso in eastern Tibet, was present during the 1872 <i>tsotel</i> event and wrote about it (text 7 in the <i>Collected Works on Mercury Formulations</i> , Appendix D).

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Namgyal Lhamo Taklha (1942–)	Rnam rgyal lha mo stag lha	Granddaughter of Tsarong Dasang Damdul (<i>Tsha rong zla bzang dgra 'dul</i>). From 1980 to 1985, Mrs. Taklha was the translator and secretary to the Director of the Tibetan Medical and Astrological Institute (TMAI, now Men-Tsee-Khang, MTK).
Namgyal Qusar	Rnam rgyal khyu gsar	Contemporary MTK-trained Tibetan physician who founded the Qusar Tibetan Healing Center near Dharamsala, where he also prepares his own medicines; he practices, teaches, and publishes on Sowa Rigpa.
Namgyal Tsering	Rnam rgyal tshe ring	Senior Tibetan physician who made <i>tsotel</i> three times in Dharamsala (in 1982, 1987, and as the leading MTK <i>menjorpa</i> in 2001). He was deputy director at the MTK for about ten years; now lives in New York. He wrote an article on <i>tsadül</i> and <i>drangdül</i> (1997). See Fig. 20.
Namkha Lha	Nam mkha' lha	A physician from Nyanang who received the mercury transmissions of the Orgyenpa tradition. Mentioned by Dési Sangyé Gyatso.
Nangrongshar Gen Rikdzin Lhündrup (1889–1986?) or: Nangrongshar Rikdzin Lhündrup Penjor, also: Nyakrongshar or: Nyakrongshag	Nang rong shar dgen rigs 'dzin lhun grub, or: Nang rong shar rigs 'dzin lhun grub dpal 'byor, also: Nyag rong shar, or: Nyag rong shag	A Tibetan aristocratic physician of the Chakpori lineage who ran a private school and clinic in Lhasa and was Trogawa Rinpoche's main medical teacher. He was present during the 1921 <i>tsotel</i> event under Trékhang Jampa Tupwang in Lhasa and taught <i>tsodru chenmo</i> at Trogawa House in Lhasa in 1954.
Nawang Tarchin	Ngag dbang mthar phyin	Monk and amchi from Ladakh, who made <i>tsotel</i> with Trogawa Rinpoche in Nee, Ladakh. He is a graduate from CTMI Darjeeling.
Ngawang Lobsang Gyatso (1617–1682)	Ngag dbang blo bzang rgya mtsho	The Fifth Dalai Lama, who initiated the making of <i>tsotel</i> twice, in 1669 and in 1678.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Ngawang Soepa	Nag dbang bzod pa	Contemporary MTK physician, took part in making <i>tsotel</i> in 2008 and 2011.
Ngawang Thinle	Ngag dbang 'phrin las	Graduate of the first batch at CTMI, Darjeeling.
Norbu Chöpel	Nor bu chos 'phel	The second husband of Ama Lobsang Dolma Khangkar and personal attendant to Kyapjé Trijang Rinpoche. Wrote an account of Ama Lobsang in Tibetan.
Nyimé Dorjé	Gnyis med rdo rje	Probably the medical teacher and lama from eastern Tibet known as Kyémé Rinpoche.
Orgyen Tendzin Gyatso (fl. 19th century)	O rgyan bstan 'dzin rgya mtsho	See Lamempa Orgyen Tenzin Gyatso.
Orgyenpa Rinchenpel (1229/30–1309) or: Orgyen Rinchenpel	U rgyan (also O rgyan) pa rin chen dpal, U rgyan rin chen dpal	Kagyü master who received the <i>tsodru chenmo</i> transmission from Vajrayoginī in Oḍḍiyāna and brought it to Tibet; he is considered the father of the <i>tsotel</i> practice.
Pasang Gyelmo Khangkar (1956–)	Pa sangs rgyal mo khang dkar	One of the two daughters of Ama Lobsang Dolma Khangkar, MTK-trained physician who runs the Dekyi Khangkar Memorial Clinic in McLeod Ganj.
Pasang Yonten Arya (1955–)	Pa sangs yon tan ar+ya	Senior MTK-trained Tibetan physician; studied with Barshi Püntsok Wanggyel, Jamyang Tashi, and Ama Lobsang; took part in the 1982 <i>tsotel</i> event; principal of the TMAI (now MTK) college (1984–1989). Lives and works in Italy; wrote several books on Tibetan medicine.
Pema Dorjee (1950–2015)	Pad+ma rdo rje	Senior MTK-trained physician who took part in the 1982 <i>tsotel</i> event. Studied with Barshi Püntsok Wanggyel and Yeshe Dhonden. First chairman of CCTM (2004–2007); visiting physician to the Fourteenth Dalai Lama (2001–2002); wrote several books on Tibetan medicine.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Penden Gyeltsen (birth date unknown, died in 1962)	Dpal ldan rgyal mtshan	Tibetan physician who taught medicine at a medical school near Phagri and made <i>tsotel</i> there in 1953, when he taught Lamempa Tenzin Chödrak.
Penpa Tsering	Spen pa tshe ring	Contemporary MTK-trained physician who established his own pharmacy in the Dharamsala area; wrote an article on <i>tsotel</i> ; took part in the MTK <i>tsotel</i> event of 1987.
Pöntsang Namkha Lha	Dpon tshang nam mkha' lha	A Tibetan ruler who requested the Fifth Dalai Lama to make <i>tsotel</i> in 1669.
Pünrapa Tsering Penden	Phun rab pa tshe ring dpal ldan	The governor of Nyakrong (Nyag rong spyi khyab), who requested Kongtrul Yönten Gyatso to make <i>tsotel</i> in 1872. He also received the order by the Twelfth Dalai Lama to bring physicians from Kham to Lhasa in 1875 to make <i>tsotel</i> .
Qubilai Khan (1215–1294)	Mongolian name	Mongolian ruler who was the grandson of Genghis Khan. Orgyen Rinchenpel met him around 1293.
Rakdo Rinpoche	Rag rdo rin po che	See Gen Rinpoche Rakdo Lobsang Tenzin.
Rangjung Dorjé (1284–1339)	Rang byung rdo rje	The Third Karmapa who is said to have received the <i>tsodru chenmo</i> lineage from Orgyenpa.
Rangjung Rikpé Dorjé (1924–1981)	Rang byung rig pa'i rdo rje	The Sixteenth Karmapa.
Rigzin Sangmo	Rig 'dzin bzang mo	Contemporary MTK physician, currently head of the Research and Development Department; she was on the team of the second MTK <i>tsotel</i> study.
Rikpé Lodrö	Rig pa'i blo gros	Name of an Indian saint, an emanation of Avalokiteśvara.
Rinchen Zangpo (958–1055)	Rin chen bzang po	Famous translator of Sanskrit Buddhist and medical texts into Tibetan.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Sampel Norbu Trogawa Rinpoche (1932–2005)	Bsam 'phel nor bu khro dga' bo rin po che	Buddhist Nyingma master and Tibetan physician, trained in Lhasa by Nangrongshar Gen Rikdzin Lhündrup; founded the Chagpori Tibetan Medical Institute (CTMI) in Darjeeling in 1992; made <i>tsotel</i> in Lhasa and Nee, Ladakh. See Fig. 26.
Sangyé Gyatso (1653–1705)	Sangs rgyas rgya mtsho	See Dési Sangyé Gyatso.
Shawéri Wangchuk	Sha ba'i ri dbang phyug	Tibetan Name of an Indian Yogi.
Sherab Tenzin	Shes rab bstan 'dzin	Graduate of the first batch of CTMI in Darjeeling; he established his own Pure Vision Sorig clinic and pharmacy in Nepal.
Situ Chökyi Jungné (1699/1700–1774) also: Situ Panchen	Si tu chos kyi 'byung gnas, Si tu paN chen	The eighth Tai Situ Rinpoche, who was a polymath and also a medical expert and promoted the making of <i>tsotel</i> in Degé, eastern Tibet.
Sönam Chimé	Bsod nams 'chi med	Troru Tsénam's nephew, who participated in making <i>tsotel</i> in Lhasa in 1983/1984.
Sönam Özer (fl. 13th century)	Bsod nams 'od zer	Author of a biography (<i>rnam thar</i>) of Orgyen Rinchenpel.
Sonam Rinchen	Bsod nams rin chen	See Epa Sonam Rinchen.
Tapkhé Püntso	Thabs mkhas phun tshogs	A twentieth-century senior physician at the Mentsikhang in Lhasa. He held the title "Great Medicine Provider" (<i>sman gnyer chen mo</i>), which refers to his duty of supervising the raw materials kept in stock. He made <i>tsotel</i> in 1973/74.
Tashi Tsering Josayma (1960–)	Bkra shis tshe ring jo sras ma	Tibetan tibetologist, writer, and historian; director of the Amnye Machen Institute, McLeod Ganj; assembled and published the <i>Collected Works on Mercury Formulations</i> in 1986. See Fig. 29.
Tashi Tsering Phuri	Bkra shis tshe ring spu ri	Current director of the MTK in Dharamsala since 2012; was also MTK director from 1994–1997.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Tashi Yangchen	Bkra shis dbyangs chen	MTK-trained physician; she studied Ayurvedic mercury processing at BHU in 1997.
Tashi Yangpel Tashigang (1938–)	Bkra shis g.yang 'phel bkra shis sgang	Amchi from a family lineage in Nimo, Ladakh, also studied in Tibet, worked with Gene Smith, and established his own clinic and pharmacy in Delhi. He published more than 250 rare works on Tibetan medicine. He made <i>tsotel</i> with Amchi Kunsang Kunphen in 1985 and received the theoretical training from Amchi Karma Chöpel in Lhasa. See Fig. 24.
Teinlay Palsang Trogawa (1976–)	'Phrin las dpal gsang khro dga' bo	Nephew of Trogawa Rinpoche and trained by him; elected as the current director of CTMI in Darjeeling.
Tekchok Dorjé (1798–1868)	Theg mchog rdo rje	The Fourteenth Karmapa, who made black pills for Kongtrul Yönten Gyatso to include in his precious pills.
Tendzin Namgyel (died 1991)	Bstan 'dzin rnam rgyal	Tibetan physician trained by Tapkhé Püntsock in Lhasa; was the head of the MTK pharmacy in Dharamsala (1981–1991); made <i>tsotel</i> with Tapkhé Püntsock in 1973/1974, with Lamempa Tenzin Chödrak in 1982, and as the leading physician in 1987. See Fig. 18.
Tenzin Chödrak (1924–2001)	Bstan 'dzin chos grags	See Lamempa Tenzin Chödrak.
Tenzin Gyatso (1935–)	Bstan 'dzin rgya mtsho	The Fourteenth Dalai Lama, who initiated and supported the <i>tsotel</i> event of 1982.
Tenzin Namdul	Bstan 'dzin rnam grol	Contemporary MTK-trained physician, holding a doctoral degree in anthropology from Emory University, USA. He took part in the first <i>tsotel</i> study at the MTK in Dharamsala.
Tenzin Phelgye	Bstan 'dzin 'phel rgyas	CTMI-trained physician, who received the <i>tsotel</i> lineage from Trogawa Rinpoche in Ladakh in 2002 and currently directs the CTMI pharmacy.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Tenzin Thaye	Bstan 'dzin mtha' yas	MTK-trained senior physician, who currently is one of the visiting physicians of the Fourteenth Dalai Lama; took part in the MTK <i>tsotel</i> events of 2001 and 2014. See Fig. 21.
Toding Rinpoche also known as: Tupten Gyeltsen	Mtho lding rin po che, Thub bstan rgyal mtshan	He was a young monk and assistant during the 1982 <i>tsotel</i> event and later became a physician at the MTK and participated in the <i>tsotel</i> events of 1994 and 2001. See Fig. 22.
Topgyel (fl. 20th century)	Thob rgyal	The <i>menjorpa</i> [medicine compounder] of Lhasa Mentsikhang, who trained Amchi Kunsang Kunphen.
Trékhang Jampa Tupwang (ca. 1863–1922)	Bkras khang byams pa thub dbang	A monk, physician, and aristocrat, who became the personal physician of the Thirteenth Dalai Lama in 1897 and head of the Lhasa Mentsikhang, founded in 1916. He supervised the <i>tsotel</i> events of 1919 and 1921.
Trétong	Bkras mthong	Name of a Tibetan aristocratic family.
Trétong Gyurmé Gyatso (1890–1938)	Bkras mthong 'gyur med rgya mtsho	Member of the aristocratic Trétong family, who held important positions back in Kham. The family gifted <i>tsotel</i> to Dr. Yeshi Dhonden in the 1980s.
Tri Nominhan (fl. 18th century)	Khri no min han	Senior teacher of the Eighth Dalai Lama, who supervised the religious and administrative aspects of the <i>tsotel</i> event of 1783.
Trinlé Gyatso (1856–1875)	'Phrin las rgya mtsho	The Twelfth Dalai Lama, who wanted to make <i>tsotel</i> in 1875, but passed away that year.
Troru Tsénam (1926–2004)	Khro ru tshe rnam	See Khempo Troru Tsénam.
Tségyel (fl. 20th century)	Tshe rgyal	Tibetan regiment commander, who was appointed health director at the Powo Tramo labor camp in 1974. He was instrumental in organising the 1977 <i>tsotel</i> event.
Tsering Lhamo	Tshe ring lha mo	MTK medical student in 1997 (ninth batch); she was trained in Ayurvedic mercury processing at BHU that year.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Tsering Norbu	Tshe ring nor bu	Contemporary Lhasa-trained Tibetan physician; head of the Materia Medica Department at the MTK in Dharamsala; authored several books on Tibetan medicine.
Tsering Thakchoe Drungtso	Tshe ring thag gcod drung 'tsho	Contemporary MTK-trained physician; served on the board of CCTM and established his own clinic in McLeod Ganj; authored several books on Tibetan medicine.
Tsewang Tamdin	Tshe dbang rta mgrin	Senior MTK-trained physician, who was MTK director from 2010–2012; visiting physician to the Fourteenth Dalai Lama; Chief Medical Officer and Chairman of the High Level Medical and Astrological Council and a member of CCTM. He took part in the first MTK <i>tsotel</i> event of 1982.
Tsultrim Gyeltsen (fl. 19th/20th century)	Tshul khrim rgyal mtshan	Tibetan physician from Chakpori Medical College, who took part in the 1921 <i>tsotel</i> event in Lhasa.
Tsultrim Sangyé (1940–2011) better known as Amchi Gege	Tshul khriims sangs rgyas, Am chi dge dge	Former head of the Bonpo School of the Four Medical Sciences of the Early Tradition in Dhorpatan, near Kathmandu. He took part in the <i>tsotel</i> event of 1977 at Powo Tramo.
Tulku Dozher Tupten Lamzang (fl. 20th century)	Bla sprul rdo gzher thub bstan lam bzang	A local lama at Phagri, southern Tibet, who sponsored the <i>tsotel</i> event of 1953.
Tupten Gyatso (1876–1933)	Thub bstan rgya mtsho	The Thirteenth Dalai Lama, who promoted Tibetan medicine in Lhasa and organized three <i>tsotel</i> events, in 1893, 1919, and 1921.
Tupten Gyeltsen	Thub bstan rgyal mtshan	See Toding Rinpoche.
Tupten Tséring (fl. 20th century)	Thub bstan tshe ring	The last principal of the Chakpori Medical College in Lhasa before its destruction by the People's Liberation Army in 1959. He later worked at the Mentsikhang in Lhasa. He also wrote about <i>drangdül</i> and <i>tsadül</i> processing.
Wangchuk	Dbang phyug	Tibetan name for Śiva.

THL Phonetic Transcription (Germano and Tournadre 2003)	Wylie Transliteration (Wylie 1959)	Who is this person?
Yeshe Dorjé (fl. 20th century)	Ye shes rdo rje	One of the Tibetan amchi at Powo Tramo who was searching for a surviving <i>tsotel</i> specialist.
Yeshe Gelek	Ye shes dge legs	Contemporary Tibetan physician; made <i>tsotel</i> in Lhokha in southern Tibet in 1991 under Karma Chöpel and Jamyang Lhündrup; later taught at the MTK college in Dharamsala.
Yeshi Dhonden (1927–2019)	Ye shes don ldan	Famous Tibetan physician and monk, trained in Lhasa by Lamdenpa Khyenrap Norbu; made <i>tsotel</i> in Lhokha, south of Lhasa, with Penden Gyeltsen and others; established his private clinic in McLeod Ganj in 1979, after working at the MTK in Dharamsala for eighteen years (1961–1979); personal physician of the Fourteenth Dalai Lama (1960–1980); made his own <i>tsotel</i> in 1985. See Fig. 23.
Yutok Yönten Gönpö (fl. 12th century)	G.yu thog yon tan mgon po	Famous Tibetan physician and religious figure attributed with the compilation of the <i>Four Treatises</i> and the transmission of the Yutok Heart Essence.
Zamyou Penpa Tsering	Dzam g.yu spen pa tshe ring	Contemporary Tibetan physician, guest lecturer at the Department of Sowa Rigpa, CIHTS, Sarnath; made <i>tsotel</i> as a student in 2008 at CIHTS.
Zhungkyé	Gzhung skyes	Name of an Indian hermit and mercury specialist.
Zurkhar Lodrö Gyelpo (1509–1579)	Zur mkhar blo gros rgyal po	Famous Tibetan physician and representative of the Zur medical tradition; wrote several medical works.
Zurkhar Nyamnyi Dorjé (1439–1475)	Zur mkhar mnyam nyid rdo rje	Famous Tibetan physician and representative of the Zur medical tradition; propagated the black pill mercury formulas and wrote several medical works; authored text 1 in the <i>Collected Works on Mercury Formulations</i> (Appendix D).

2 Glossary of Recurrent Tibetan Terms (Including Place Names)

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>amchi</i>	<i>am chi</i>	Mongolian-derived word for a Tibetan medical practitioner, widely used across the Himalayas and in other regions where Sowa Rigpa is practiced.
Barawa Kagyü	'Ba' ra ba dkar bryud	A sub-school of the Drukpa Kagyü school of Tibetan Buddhism.
<i>barché</i>	<i>bar chad</i>	Obstacle, misfortune.
<i>béken</i>	<i>bad kan</i>	One of the three Sowa Rigpa <i>nyépa</i> dynamics, predominated by the elements earth and water.
<i>bikpé duk</i>	<i>'bigs pa'i dug</i>	The "poison of penetration," one of the poisons of mercury.
Bodong E	Bo dong E	A Buddhist monastery founded in 1049, west of Shigatse.
Bonpo School of the Four Medical Sciences of the Early Tradition	Sngar srol gso rig 'bum bzh'i'i slob gra	Name of the Bonpo medical school in Dhorpatan, near Kathmandu, established by Amchi Gege (Tsultrim Sangyé).
<i>chak gyé</i>	<i>lcags bryad</i>	"Eight metals," see <i>ching jé chak gyé</i> .
Chakpori	Lcags po ri	"Iron Hill," the short name of the monastic medical college in Lhasa, established in 1696; the full Tibetan name of the college is Lcags po ri rig byed 'gro phan gling.
<i>chang</i>	<i>chang</i>	Tibetan fermented barley beer.
Changra	Lcang ra	See Ramoché Changra.
Cherjé	Cher rje	Name of a Tibetan medical school that developed during the twelfth century in southern Tibet.
<i>chiba duk</i>	<i>lci ba'i dug</i>	The "poison of heaviness," one of the poisons of mercury.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>ching jé chak gyé</i>	<i>'ching byed lcags brgyad</i>	The "eight binding metals," which are refined to bind mercury during the manufacture of <i>tsotel</i> : copper (<i>zangs</i>), gold (<i>gser</i>), silver (<i>dngul</i>), iron (<i>lcags</i>), bronze (<i>'khar ba</i>), brass (<i>ra gan</i>), tin (<i>gsha' dkar</i>), and lead (<i>zha nye</i>).
<i>chö</i>	<i>chos</i>	Buddhist teachings, Sanskrit <i>dharma</i> .
<i>choga</i>	<i>cho ga</i>	Common term for ritual, offering, worship; also a skilled procedure that has to be done, such as in Sowa Rigpa <i>menjor</i> practice, where it can refer to the processing of substances.
<i>chokla</i>	<i>cog la</i>	Cinnabar, also in roasted form, which is used as an ingredient and to coat pills.
<i>choklama</i>	<i>cog la ma</i>	See <i>chokla</i> .
<i>chöné</i>	<i>mchod gnas</i>	A party that is worthy of patronage (e.g. lamas and monasteries, or a <i>tsotel</i> event) and sponsorship by a patron or <i>yöndak</i> ; one element of the <i>chöyön</i> relationship.
<i>chöyön</i>	<i>mchod yon</i>	Priest-patron-relationship. <i>Chöyön</i> describes a relational dynamic between one party who is worthy of patronage, <i>chöné</i> (e.g. lamas and monasteries, or a <i>tsotel</i> event), and a patron or donor, <i>yöndak</i> (e.g. local or foreign ruler), who gains merit through sponsorship.
<i>chü</i>	<i>bcud</i>	Polysemous term; depending on context it can be translated as taste, essence, elixir, sap, moisture, potency, extraction, nutriment, vital essence, quintessence, distilled essence, or a drink.
<i>chu shak</i>	<i>cu'u gshag</i>	A phoneticised version of the Chinese term for cinnabar, <i>zhūshā</i> 朱砂, meaning red sand; also a synonym for vermilion.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>chülen</i>	<i>bcud len</i>	Imbibing the essence or <i>chü</i> . <i>Chülen</i> is also translated as essence extraction, referring to its manufacturing. It can also mean elixir, tonic or a metal-containing rejuvenating compound. See also Sanskrit <i>rasāyana</i> .
<i>chuser</i>	<i>chu ser</i>	"Yellow fluid," referring to a complex metabolism involving numerous bodily fluids (e.g. lymph, blood, intra- and extracellular fluids). In Sowa Rigpa it is considered the waste product of blood, which is refined in the gall bladder and eventually channeled throughout the body. It is red and light yellowish in color and is primarily linked to skin and joints.
<i>dachu</i>	<i>da chu</i>	A synonym for <i>ngülchu</i> and artificial cinnabar, a type of earth mineral medicine (<i>sa rdo'i sman</i>); has various meanings and identifications (see Chapter 2). See also <i>tselkar</i> .
<i>dangma ma zhuwa</i>	<i>dwangs ma ma zhu ba</i>	Undigested nutritional essence. <i>Dangma ma zhuwa</i> relates to a vast group of diseases in Tibetan medicine where the nutritional essence is not properly produced due to metabolic disruptions in the gut and low digestive heat.
Dartsedo	Dar rtse mdo	A place in Kham, eastern Tibet.
<i>daryaken</i>	<i>dar ya kan</i>	Synonym for mercury, also the name of a theriac elixir.
Dekyi Khangkar	Bde skyid khang dkar	"White Mansion of Joy," the name of the Lobsang Dolma Khangkar Memorial Clinic in McLeod Ganj, Dharamsala, India.
Dhumatala	Dhu ma tha la	The capital of Oḍḍiyāna and probably the ancient site of Butkara near modern Mingora in today's Pakistan.
<i>do zhong</i>	<i>rdo gzhong</i>	Stone trough used to triturate mercury with sulfur; the trough is often pre-heated.
Drakkar Rikhö	Brag dkar ri khod	Name of a nunnery in Kardzé in Kham, where nuns prepared the precious pill Géma Tsodru Dashed.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Drakkar Taso	Brag dkar rta so	A monastery in Kyirong, southwestern Tibet, which had a <i>tsotel</i> tradition.
<i>drangdül</i>	<i>grang 'dul</i>	The “cold taming,” name of a short mercury processing method and its resulting compound.
Drangti	Brang ti	Name of a Tibetan clan and lineage of medical practice going back to the thirteenth century.
<i>dratré</i>	<i>dgra sprad</i>	“Meeting the enemy,” abbreviation for “transforming the natural form [of mercury through] confrontation” (<i>dgra dang sprad nas rang gzugs su bsgyur ba</i>); the name of the last stage of manufacturing <i>tsotel</i> when preprocessed mercury and preprocessed sulfur are triturated.
Drigung Kagyüpa	'Bri gung bka' brgyud pa	One of the schools of Tibetan Buddhism with a strong medical tradition.
<i>drip</i>	<i>grib</i>	Forms of pollution and defilement, frequently involving women, that can only be treated ritually.
Drukpa Kagyü	'Brug pa bka' brgyud	A major branch within the Kagyü school of Tibetan Buddhism.
<i>drup</i>	<i>sgrub</i>	Accomplish, perfect, attain, complete.
<i>druptap</i>	<i>sgrub thabs</i>	“Method for attainment,” central practices in Buddhist Tantra that involve the evocation of deities and their entourage; see also Sanskrit <i>sādhana</i> .
<i>duk</i>	<i>dug</i>	Poison, anything considered harmful or difficult to digest.
<i>dukdön</i>	<i>dug 'don</i>	“Taking out the poison,” the collective term for a wide range of <i>menjor</i> detoxification practices.
<i>duksel</i>	<i>dug sel</i>	To clear a poison.
<i>düljong</i>	<i>'dul sbyong</i>	A technical term for prepossessing substances in Sowa Rigpa, combining the meaning of taming, or <i>dülwa</i> , with purifying, or <i>jongwa</i> .

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>dülwa</i>	<i>'dul ba</i>	"Taming," a key principle in Sowa Rigpa <i>menjor</i> ; also a notion in Buddhist subjugation myths and monastic discipline.
Ganden Künkhyap Chödong	Dga' ldan kun khyab chos rdong	A place in Nyakrong, Khams, where Kongtrul Yönten Gyatso made <i>tsotel</i> in 1872.
<i>gapiposum</i>	<i>lga pi pho gsum</i>	Abbreviated term for "the three hot ones" (<i>tsha ba gsum</i>): ginger (<i>lga skya</i>), long pepper (<i>pi pi ling</i>), and black pepper (<i>pho ba ris</i>).
Gelukpa	Dge lugs pa	A person belonging to the Geluk school, one of the main Tibetan Buddhist schools.
<i>göpé duk</i>	<i>rgod pa'i dug</i>	The "poison of wildness," one of the poisons of mercury.
Gyantsé	Rgyal rtse	Name of a town in southern Tibet, now a county in the TAR.
<i>gyatsel</i>	<i>rgya mtshal</i>	The term for Chinese or foreign vermilion.
<i>jartsi</i>	<i>sbyar rtsi</i>	A glue-like or gummy substance, referring to the characteristic of <i>tsi duk</i> , one of the poisons of mercury.
<i>jin</i>	<i>byin</i>	Splendor, blessing.
<i>jinda</i>	<i>sbyin bdag</i>	Sponsor, donor, benefactor.
<i>jinlap</i>	<i>byin rlabs</i>	Forms of blessing, bestowing <i>byin</i> .
<i>jongwa</i>	<i>sbyong ba</i>	To purify, clean, remove, wash.
<i>juwa</i>	<i>'ju ba</i>	To digest; it can also acquire the more technical meanings of to melt or to dissolve in Sowa Rigpa <i>menjor</i> contexts.
<i>ka tsen</i>	<i>bka' btsan</i>	"Strict orders," here meaning something very difficult to accomplish, something out of the ordinary that not everyone can do, such as making <i>tsotel</i> .
Kagyü	Bka' brgyud	The "oral lineage" school, one of the main Tibetan Buddhist schools.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>kar</i>	<i>dkar</i>	Abbreviation for <i>shakar</i> , meaning tin; a metal used in some forms of Sowa Rigpa mercury processing.
<i>kardül</i>	<i>dkar 'dul</i>	"Taming [with] tin," name of a specific mercury processing method and its resulting compound.
Kardzé	Dkar mdzes	Part of the historical region of Kham; today's Garzê Tibetan Autonomous Prefecture.
Karma Kagyü	Karma bka' bryud	The largest sub-school of the Kagyü school of Tibetan Buddhism.
Katok	KaH thog or: Kaḥ thog	A Nyingma monastery founded in 1159 in eastern Tibet, today's Sichuan province.
<i>kham gyé</i>	<i>khams brygad</i>	"Eight minerals," see <i>zajé kham gyé</i> .
<i>khatsar</i>	<i>kha tshar</i>	An "add-on" substance; it can be an (un)processed substance but also a blessed ingredient adding <i>nüpa</i> to other compounds.
<i>khempo</i>	<i>mkhan po</i>	Abbot of a monastery, but also someone well-versed in a subject.
<i>khuwa</i>	<i>khu ba</i>	Regenerative fluid, semen, also a synonym for mercury, since mercury symbolizes Śiva's semen.
Kongpo	Kong po	A place in eastern Tibet, southeast of Lhasa, in today's Nyingchi Prefecture.
Kyirong	Skyid grong	A place in southwestern Tibet, today in the TAR; close to the Nepal border.
<i>laklen</i>	<i>lag len</i>	Detailed practical instructions, mostly passed on orally.
<i>lama</i>	<i>bla ma</i>	Spiritual teacher and ritual master.
Lamenpa	Lha sman pa	"Divine physician," honorific title for the personal physicians of the Dalai Lamas. More recently they are called personal or visiting physicians.
Lhalu gardens	Lha klu dga' tshal	The gardens behind the Potala palace in Lhasa where <i>tsotel</i> was made in 1783 under the Eighth Dalai Lama.

2 GLOSSARY OF RECURRENT TIBETAN TERMS (INCLUDING PLACE NAMES)

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Lhasa	Lha sa	Historical capital of Tibet, now of the TAR.
Lhokha	Lho kha	District in southern Tibet. At Lhokha Mentsikhang Yeshe Dhonden, Penden Gyeltsen, Jamyang Lhündrup, Yeshe Gelek, and others made <i>tsotel</i> at different times.
<i>lojong</i>	<i>blo sbyong</i>	Mind training, self-cultivation.
Lubug Lingka Grove	Klu sbug gling ka	A grove near Chakpori Hill near Lhasa where <i>tsotel</i> was made under the Fifth Dalai Lama.
<i>lung</i>	<i>lung</i>	Oral transmissions, which involves reading out loud the texts that are to be studied.
<i>lung</i>	<i>rlung</i>	The element wind; also one of the three Sowa Rigpa <i>nyépa</i> dynamics, predominated by the element wind.
<i>méd್ರö</i>	<i>me drod</i>	Digestive heat.
<i>men</i>	<i>sman</i>	Medicine; something that is beneficial.
<i>men ngak</i>	<i>man ngag</i>	Secret oral instructions, passed on orally to selected students.
<i>menta</i>	<i>sman rta</i>	The “medicine chariot” or medicine horse that carries a potent substance to its destined place in the body.
<i>mendrup</i>	<i>sman sgrub</i>	Empowered medicine, also the name of the ritual to consecrate medicine.
<i>menjor</i>	<i>sman sbyor</i>	Medicine compounding, making medicines.
<i>menjor rikpa</i>	<i>sman sbyor rig pa</i>	A large field of Sowa Rigpa knowledge comprising the study of <i>materia medica</i> (pharmacognosy), as well as the compounding of medicine, or <i>menjor</i> , in which <i>dukdön</i> and <i>düljong</i> are included.
<i>menjorkhang</i>	<i>sman sbyor khang</i>	“House of medicine compounding,” a Tibetan pharmacy.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>menjorpa</i>	<i>sman sbyor pa</i>	"Medicine compounder," a Sowa Rigpa title for an amchi accomplished in <i>menjor</i> (making medicines).
<i>menpa kachupa</i>	<i>sman pa dka' bcu pa</i>	Foundational Sowa Rigpa medical degree.
<i>menrampa</i>	<i>sman rams pa</i>	Advanced Sowa Rigpa medical degree.
Men-Tsee-Khang	Sman rtsis khang	"Medicine Astrology House," the name of the largest medical institution in Tibetan exile, formerly Tibetan Medical and Astrological Institute (TMAI) in Dharamsala, India, founded in 1961.
Mentsikhang	Sman rtsis khang	"Medicine Astrology House," the name of the Tibetan medical institute in Lhasa, established in 1916.
<i>muzi</i>	<i>mu zi</i>	Sulfur.
<i>ngag</i>	<i>sngags</i>	Mantra.
<i>ngak dü</i>	<i>sngags 'dul</i>	The method of taming mercury through mantras.
Ngamring	Ngam ring	Name of a district in western Tibet, today located in the TAR.
Ngari	Mnga' ris	Place in western Tibet, today located in the TAR.
<i>ngülchu</i>	<i>dngul chu</i>	"Silver fluid," elemental mercury.
<i>ngülchü duk sum</i>	<i>dngul chu'i dug gsum</i>	The three poisons of mercury.
<i>ngülchu tsodru chenmo</i> or: <i>tsodru chenmo</i>	<i>dngul chu btso bkru chen mo,</i> <i>btso bkru chen mo</i>	The "Great Mercury Refinement," the technical name for the complex taming process of making <i>tsotel</i> .
Norbulingkha Palace	Nor bu gling ka pho brang	The summer residence of the Dalai Lamas in Lhasa.
<i>nüpa</i>	<i>nus pa</i>	An umbrella term that covers complex notions of potency in Sowa Rigpa, referring to a substance's capacity to have an effect.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Nyakrong	Nyag rong	Region in eastern Tibet, today in Sichuan province.
Nyalam or: Nyanang	Gnya' lam, Gnya' nang	A town about forty kilometers from the Nepal border, previously in Tsang, today the county seat of Nyalam county in Shigatse Prefecture; location of Amchi Kunsang Kunphen's medicine factory; also the place where texts on mercury processing were found during the time of the Fifth Dalai Lama.
<i>nyépa</i>	<i>nyes pa</i>	The technical term for the three psycho-physiological principles in Sowa Rigpa, <i>lung</i> , <i>tripa</i> , and <i>béken</i> .
Nyingma	Rnying ma	The oldest of the main Tibetan Buddhist schools.
Oḍḍiyāna	O rgyan yul	Mythical land presumably located in the Upper Swat Valley in present-day northern Pakistan, the place from where Orgyen Rinchenpel brought the <i>tsotel</i> practice to Tibet.
<i>papta</i> or: <i>papgyün</i>	<i>phab rta</i> , <i>phab rgyun</i> also <i>phabs rgyun</i>	A fermenting agent; refers to small amounts of a compound that are added to future batches as a way of transmitting lineage and potency across many batches of medicines.
Pelpung	Dpal spungs	Name of a Karma Kagyü monastery in eastern Tibet, seat of the Situ lineage.
Phagri or: Phagri Richung Potok	Phag ri, Phag ri ri chung po tog	A place southwest of Lhasa, where Penden Gyeltsen and Lamdenpa Tenzin Chödrak made <i>tsotel</i> in 1953. Today located in Yadong County in the TAR.
Powo Tramo	Spo bo kra mog	Chinese labor camp in Kongpo, where Lamdenpa Tenzin Chödrak and Khempo Troru Tsénam made <i>tsotel</i> in 1977. The camp is still located in the town of Tramo in Powo, Kham, today administered under Nyingtri (Nying khri) prefecture, Kongpo, TAR.
<i>rabjung</i>	<i>rab byung</i>	Sixty-year cycle of the Tibetan calendar, beginning in 1027 CE.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Ramoché Changra	Ra mo che lchang ra	The aristocratic Changra House in the Ramoché area of Lhasa.
Richung Potok Riteng (Mentsikhang)	Ri chung po tog ri steng sman rtsis khang	Name of the medical school near Phagri, southwest of Lhasa, where Penden Gyeltsen taught.
<i>rinchen rilbu</i>	<i>rin chen ril bu</i>	"Precious pills," referring to multi-compound Tibetan formulas containing herbs, minerals, and precious stones, also called jewel pills. Many precious pills contain <i>tsotel</i> .
Rinpoche	Rin po che	"Precious one," additional title for a leading Buddhist teacher and high lama.
<i>sem dülwā</i>	<i>sems 'dul ba</i>	Taming the mind.
<i>shakar</i>	<i>bsha' dkar</i>	The metal tin, used in some forms of mercury processing.
Shatra	Bshad sgra	A long-standing wealthy landowning family in Lhasa.
<i>sōnam</i>	<i>bsod nams</i>	Merit.
Sowa Rigpa	Gso ba rig pa	"Science of healing," Tibetan medicine.
<i>tarbu</i>	<i>star bu</i>	Seabuckthorn berries.
Téring	Phreng ring	Name of a Chinese prison in Tibet.
Töd Drukpa Kagyü	Stod 'brug pa bka' brgyud	The upper division of the Drukpa Kagyü school, which was founded by Orgyenpa's teacher Götsangpa Gönpo Dorjé.
<i>tongwé gyü</i>	<i>mthong ba'i rgyud</i>	Short for "hands-on instruction through seeing transmission" (<i>mthong ba rgyud pa'i phyag bzhes</i>). The "seeing transmission" involves the actual observation of a medical practice.
<i>tri</i>	<i>mkhrid</i>	Oral explanations of a practice.
<i>tripa</i>	<i>mkhris pa</i>	One of the three Sowa Rigpa <i>nyépa</i> dynamics, predominated by the element fire.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>tsadül</i>	<i>tsha 'dul</i>	The "hot taming," name of a short mercury processing method and its resulting compound.
<i>tsel</i>	<i>mtshal</i>	Cinnabar, mercury sulfide (HgS), largely in powdered form, also an honorific term for blood.
<i>tsel tel</i>	<i>mtshal thal</i>	Cinnabar ash.
<i>tselkar</i>	<i>mtshal dkar</i>	A cinnabar-based ingredient for some medicines; also a color made from vermilion (<i>mtshal</i>) and white chalk (<i>dkar = ka rag</i>) used in <i>thangka</i> (<i>thang ka</i>) painting; also a synonym for <i>dachu</i> .
<i>tsi duk</i>	<i>rtsi'i dug</i>	The "poison of adherence," one of the poisons of mercury.
<i>tsodru</i>	<i>btso bkru</i>	"Cooking and washing," the name of the third stage of making <i>tsotel</i> .
<i>tsodru chenmo</i>	<i>btso bkru chen mo</i>	See <i>ngülchu tsodru chenmo</i> .
<i>tsotel</i>	<i>btso thal</i>	"Cooked ash/powder," the name of a complex organometallic mercury sulfide compound with eight metals, eight minerals, and many other ingredients used during processing or mixed into it; the final product of the <i>tsodru chenmo</i> process. The compound is eventually added to certain formulas, largely precious pills, to enhance their <i>nüpa</i> .
Tsurpu	Mtshur phu	Traditionally the monastic seat of the Karmapas in Tibet, north of Lhasa, today in the TAR.
<i>wang</i>	<i>dbang</i>	Spiritual empowerments.
Wangchuk	Dbang phyug	"The all powerful one," Tibetan name for Śiva or Īśvara.
<i>ya</i>	<i>g.ya'</i>	Oxidized particles or rust/tarnish/stains or other adulterants on unprocessed metallic mercury and other metals.
<i>ya chi</i>	<i>g.ya' phyis</i>	"Removing the rust/oxide," name of the first stage of making <i>tsotel</i> .

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
<i>ya duk</i>	<i>g.ya'i dug</i>	The "poison of rust/oxide," one of the poisons of mercury.
<i>ya khu dön</i>	<i>g.ya' khu 'don</i>	"Expelling the rust/oxide liquid," name of the second stage of making <i>tsotel</i> .
<i>yoba duk</i>	<i>g.yo ba'i dug</i>	The "poison of mobility," one of the poisons of mercury.
<i>yöndak</i>	<i>yon bdag</i>	A patron or donor (e.g. local or foreign ruler) who gains merit through supporting a party that is worthy of patronage or <i>chöné</i> ; one element of the <i>chöyön</i> relationship.
Yutok Nyingtik	G.yu thog snying thig	"Yutok Heart Essence," a cycle of Buddhist and yogic contemplative practices in circulation since the twelfth century and especially aimed at the spiritual development of amchi.
<i>zajé gyé</i>	<i>za byed brgyad</i>	See <i>zajé kham gyé</i> .
<i>zajé kham gyé</i>	<i>za byed khams brgyad</i>	The "eight devouring minerals": sour-water stone (<i>chu skyur rdo</i> or <i>rdo chu</i>), lepidolite, also called red mica (<i>lhang tsher dmar po</i>), gold ore (<i>gser rdo</i>), orpiment (<i>ba bla</i>), magnetite (<i>khab len</i>), pyrite (<i>pha wang long bu</i> , also <i>pha bang long bu</i>), realgar (<i>ldong ros</i>), and silver ore (<i>dngul rdo</i>). See chapter 6 for various identifications.
<i>zha nyé</i>	<i>zha nye</i>	Lead.
Zhaptan Lhakhang	Zhabs brtan lha khang	Name of a shrine room near the Norbulingkha Palace in Lhasa.

3 Glossary of Tibetan Formula Names

These formula names are mentioned in the book and typically contain different forms of processed mercury sulfide, depending on the lineage of the *menjor* specialist making them. Many of them are now reformulated without mercury, depending on the pharmacy. Note that most Tibetan medical formulas are herb and mineral based and do not contain any forms of mercury as an ingredient.

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Chakril Chenmo	Lcags ril chen mo	“Great Iron Pill,” Tibetan formula that usually does not contain any processed mercury.
Dashel 37	Zla shel so bdun	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Dashel Dütsima	Zla shel bdud rtsi ma	Tibetan formula that usually does not contain any processed mercury; but some lineage holders add <i>tsotel</i> as a <i>khatsar</i> to this formula.
Drangjor Rinlak Chenmo	Grang sbyor ril nag chen mo	“The Great Cold Black Compound,” also called Rinchen Drangjor, the most complex Tibetan precious pill; contains <i>tsotel</i> .
Dugjom Mangjor	Dug ’joms mang sbyor	Tibetan formula that typically contains <i>tsotel</i> .
Dugjom Rinchen Wangril	Dug ’joms rin chen dbang ril	Tibetan precious pill that typically contains <i>tsotel</i> .
Dugjom Wangril	Dug ’joms dbang ril	Tibetan formula that typically contains <i>tsotel</i> .
Gawa 16	Dga’ ba bcu drug	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> . The pill is usually coated with roasted <i>chokla</i> .
Géma Tsodru Dashel	Dge ma btso bkru zla shel	“The Virtuous Nun’s Tsodru Dashel,” a special form of the precious pill Rinchen Tsodru Dashel made by nuns at the Drakkar Rikhö nunnery in Kardzé, Kham.
Goyu Dépak abbreviation of: Goyu Dewé Paksam	Go yu bde dpag, Go yu bde ba’i dpag bsam	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Gurgum 13	Gur gum bcu gsum	A Tibetan liver formula which might contain processed <i>chokla</i> as an ingredient.
Gurkhyung	Gur khyung	Tibetan formula; the pill is usually coated with roasted <i>chokla</i> .
Gurkhyung Chakdor	Gur khyung phyag rdor	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Jangchö 37	Byang chos so bdun	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Jumar 25	Byu dmar nyer Inga	"Coral 25," Tibetan precious pill without <i>tsotel</i> ; the pill is usually coated with roasted <i>chokla</i> . Some formularies list cinnabar as an ingredient in the form of <i>tselkar</i> .
Khyunga Nila	Khyung Inga ni la	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Mutik 25	Mu tig nyer Inga	"Pearl 25," name of a Tibetan precious pill; the pill is usually coated with roasted <i>chokla</i> .
Ngülchu 18	Dngul chu bco brygad	"Mercury 18," Tibetan formula that typically contains <i>kardül</i> or <i>tsadül</i> .
Nyenpo 18	Gnyen po bco brygad	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Ratna Sampel	Rat na bsam 'phel	See Rinchen Ratna Sampel.
Rinchen Dangtso	Rin chen dang mtsho	A precious pill formula developed by Khempo Troru Tsénam, prepared at CIHTS; contains <i>tsotel</i> .
Rinchen Da-ö	Rin chen zla 'od	"Precious Moonlight," Tibetan formula that typically contains <i>tsotel</i> .
Rinchen Drangjor	Rin chen grang sbyor	Short name of the <i>tsotel</i> -containing formula Drangjor Rilnak Chenmo. In the <i>Four Treatises</i> also the name of an early mercury compounding method.
Rinchen Mangjor or Rinchen Mangjor Chenmo	Rin chen mang sbyor, Rin chen mang sbyor chen mo	"Precious Great Multi-Compound," a Tibetan precious pill that typically contains <i>tsotel</i> .
Rinchen Mukkhyung Gugül	Rin chen smug khyung gu gul	A precious pill formula developed by Gen Rinpoche Rakdo Lobsang Tenzin at CIHTS; contains <i>tsotel</i> .

Phonetic Transcription	Wylie Transliteration	English Translation or Definition
Rinchen Ratna Gugül	Rin chen rat na gu gul	A precious pill formula developed by Gen Rinpoche Rakdo Lobsang Tenzin at CIHTS; contains <i>tsotel</i> .
Rinchen Ratna Sampel	Rin chen rat na bsam 'phel	"Precious Wish-fulfilling Jewel," also called Mutik 70 ("Pearl 70"), name of a precious pill that contains <i>tsotel</i> .
Rinchen Tsajor	Rin chen tsha sbyor	"Precious Hot Compound," Tibetan precious pill that typically contains <i>tsotel</i> . In the <i>Four Treatises</i> also the name of an early mercury compounding method.
Rinchen Tsodru Dashed or: Rinchen Tsodru Chenmo	Rin chen btso bkru zla shel, Rin chen btso bkru chen mo	"Precious Great Refined Moon Crystal," Tibetan precious pill that typically contains <i>tsotel</i> .
Samnor	Bsam nor	Short name of the Tibetan semi-precious pill "Wish-fulfilling Gem" or Sampel Norbu (Bsam 'phel nor bu); the pill is usually coated with roasted <i>chokla</i> .
Sarkhyung	Sar khyung	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Sengdeng 25	Seng ldeng nyer lnga	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Tarima	Rta ri ma	Tibetan precious pill that typically contains <i>tsotel</i> .
Wangril 25	Sbang ril nyer lnga	"Powerful Pill 25," Tibetan precious pill that typically contains <i>tsotel</i> . Also called Rinchen Wangril 25.
Yukar	Yung dkar	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Yukhyung Karnen	G.yu khyung dkar bsnan	Tibetan formula that typically contains <i>drangdül</i> , <i>kardül</i> , or <i>tsadül</i> .
Yunying 25	G.yu rnying nyer lnga	"Old Turquoise 25," Tibetan precious pill that might contain processed cinnabar (<i>mtshal btul ma</i>) as an ingredient, but no <i>tsotel</i> .

4 Glossary of Sanskrit Names and Terms

Transliteration	English Translation or Definition
Abhayākara or: Abhayākara Gupta	Indian teacher who introduced a method to extract mercury from cinnabar, realgar, magnetite, and the plant <i>sne'u</i> to Tibet.
<i>Abhidharmakośabhāṣya</i>	<i>Commentary on the Treasury of the Abhidharma</i> by Vasubandhu (fl. fourth to fifth century CE).
<i>Aṣṭāṅgahṛdayasaṃhitā</i>	The Ayurvedic compendium <i>The Essence of Medicine</i> . In Tibetan: <i>Yan lag brgyad pa'i snying po bsdu pa</i> .
Avalokiteśvara	Buddha of Compassion.
Candranandana (fl. 8th century CE)	Kashmiri physician, author of the <i>Padārthacandrikā</i> .
<i>Carakasamhitā</i>	"Caraka's Compendium," a foundational Ayurvedic work of the second century CE.
<i>Cikitsāsthāna</i>	A section in the <i>Carakasamhitā</i> .
<i>ḍākinī</i>	A complex feminine symbol, usually referring to a female deity.
<i>dhātuvāda</i>	"The doctrine of metals and minerals." All processes that turn mercury into an elixir are called <i>dhātuvāda</i> . This includes the manipulation of minerals and metals (Dagmar Wujastyk, personal communication, Vienna, March 2016). There are varying Tibetan translations, e.g. "one able to create wealth" (<i>nor bsgyur mkhan</i>), or "nectar that transmutes into gold" (<i>gser 'gyur rtsi</i>).
Guru yoga	Meditative practice with focus on one's main teacher.
Haṭha yoga	Yoga practice involving physical postures and breathing exercises.
Īśvara	An epithet of Śiva. See Tibetan Wangchuk.
Jyōtikīrtinātha	An unknown Indian proponent of mercury practices in Tibet mentioned by Deumar Tendzin Püntso; in Tibetan: Dzoki kirti nata (Dzo ki kir ti na tha).
<i>kajjalī</i>	Ayurvedic compound made by triturating mercury with sulfur without heating it; it is black in color and largely consists of metacinnabar (β-HgS). See Appendix A.

Transliteration	English Translation or Definition
<i>Kālacakratāntra</i>	"Tantra of the Wheel of Time," an Indian tantric text, which entered Tibet in the eleventh century; in Tibetan: <i>Dus kyi 'khor lo</i> .
Kālini	Name of a woman who has all signs of the perfect female assistant to an Indian alchemist.
Kāmadeva	An unknown Indian proponent of mercury practices in Tibet mentioned by Deumar Tendzin Püntsoḳ as Ka ma de ba.
Kṛṣṇa Pakṣa	The latter half of the lunar month.
<i>kuṭīpraveśika</i>	A special rejuvenation therapy mentioned in early Ayurvedic texts; <i>kuṭī</i> means hut, <i>kuṭīpraveśika</i> describes the therapy in the hut.
Mahāsiddha	A great yogi.
Mahāyāna	"Great vehicle," one of the two major branches of Buddhism.
Maheśvara	The god Śiva.
<i>māraṇa</i>	"Killing," one of the alchemical <i>saṃskāras</i> to calcine mercury or any other metal into a fine ash or oxide.
Nāgārjuna	Indian Buddhist philosopher and alchemist, in Tibetan known as Ludrup (Klu sgrub), probably referring to two or more persons. It is not possible to date the alchemist with any accuracy. Nāgārjuna's mercury lineage apparently did not spread widely in Tibet.
Nāth Siddha	Practitioner of Haṭha yoga.
<i>Padārthacandrikā</i>	<i>Moonbeam of Word Meaning</i> , the commentary on the <i>Aṣṭāṅgahrdayasamhitā</i> , composed by Candranandana and translated into Tibetan by Rinchen Zangpo; in Tibetan: <i>Tshig gi don gyi zla zer</i> .
<i>pārada</i>	Mercury.
Parvatī	The female consort of Śiva.
<i>pūjā</i>	Common term for ritual, offering.
<i>rasa</i>	One of the synonyms of mercury; it can mean many other things as well, such as the sap or juice of plants.
<i>rasadhātu</i>	The alchemical catalyst mercury.

Transliteration	English Translation or Definition
<i>rasakarpūra</i>	Sublimate of mercury, varyingly identified as calomel (Hg ₂ Cl ₂ , mercurous chloride) and as mercuric chloride (HgCl ₂ , corrosive sublimate).
Rasa Shastra	Name of a special department at BHU in Varanasi dealing with Ayurvedic mercury processing.
<i>rasaśāstra</i>	“The body of knowledge concerned with the methods for producing and using mercurials and its associated literature” (Wujastyk 2019, 82). Also a term for Ayurvedic rejuvenating supplements.
<i>Rasaratnasamuccaya</i>	Indian Sanskrit work on alchemy.
<i>Rasārṇava</i>	Indian Sanskrit work on alchemy.
<i>Rasaśāstrodhṛti</i>	<i>Compendium on the Transmutation into Gold (Gser 'gyur gyi bstan bcos bsdus pa)</i> , a work on mercury in the Tibetan Buddhist Canon, attributed to Bhalipa/Vyālipa. The Sanskrit original is lost.
<i>Rasasiddhiśāstra</i>	<i>Treatise on Perfecting Mercury (Dngul chu grub pa'i bstan bcos)</i> , a work on mercury in the Tibetan Buddhist Canon, attributed to Bhalipa/Vyālipa. The Sanskrit original is lost.
<i>rasasindūra</i>	Ayurvedic compound made by triturating mercury with sulfur; it is largely red cinnabar (α-HgS); see Appendix A.
<i>rasāyana</i>	Has multiple meanings: 1) longevity practices, 2) a kind of tonic, 3) the final stages in alchemical operations in which the alchemical elixir is imbibed by the practitioner. Mostly translated as <i>chülen (bcud len)</i> in Tibetan.
<i>sādhana</i>	“Method for attainment,” central practices in Buddhist Tantra that involve the evocation of deities and their entourage. See Tibetan <i>druptap</i> .
<i>saṃskāras</i>	Plural of <i>saṃskāra</i> . A term used in Sanskrit alchemical literature for the eighteen steps to process substances.
<i>siddhi</i>	Spiritual accomplishment. See Tibetan <i>ngödop</i> .
Śiva	Also Maheśvara, “the Auspicious One,” one of the chief Hindu deities. See Tibetan Wangchuk.
<i>ślokas</i>	Plural of <i>śloka</i> , referring to verses in a Sanskrit text.
<i>śodhana</i>	A term that refers to the first eight steps of processing mercury in Sanskrit medical literature.

Transliteration	English Translation or Definition
<i>Suśrutasaṃhitā</i>	"Suśruta's Compendium," a foundational Ayurvedic text.
<i>Suttas</i> or <i>sūtras</i>	Buddhist canonical texts.
Vāgbhaṭa (fl. 7th century)	North-Indian compiler and redactor of the <i>Aṣṭāṅgahr̥dayasaṃhitā</i> , in Tibetan known as Penden Paköl (Dpal Idan pha dkol).
Vajrapāṇi	A Bodhisattva who tamed Śiva (Maheśvara) into the wrathful deity Heruka.
Vajrayāna	"The secret mantra vehicle," a tantric form of Tibetan Buddhism.
Vajrayoginī	Name of a female deity, the deity who passed on the <i>tsodru chenmo</i> technique and lineage to Orgyenpa.
Vanaratna (1384–1468)	Bengali scholar who brought methods of mercury processing to Tibet.
Vasubandhu (fl. 4th to 5th century CE)	Buddhist Philosopher, author of <i>Abhidharmakośabhāṣya</i> .
<i>Vimalaprabhā</i>	"Stainless Light," a commentary on the <i>Kālacakratantra</i> composed in the eleventh century, in Tibetan: <i>Dri med 'od</i> . The authorship is attributed to King Puṅḍarīka (Rigs Idan pad+ma dkar po).
<i>vinaya</i>	Monastic discipline. See Tibetan <i>dūlwa</i> .
Vyālipa	The Indian alchemist and one of the eighty-four Mahāsiddhas who discovered the missing ingredient from a woman to complete his mercury refinement; revered by Tibetan physicians as one of the most accomplished Indian masters of mercury formulations. Two alchemical texts in the Buddhist canon are attributed to him. See Tibetan Bhalipa.
<i>yoginī</i>	Female tantric practitioner or a female deity.