
A Note on Tibetan and Sanskrit Terms

In this book, Tibetan terms are introduced with a phonetic transcription (if used more than once), followed by the transliteration in Wylie (1959) according to “THL’s Extended Wylie Transliteration Scheme” (Chandler et al. 2004) at first use. Thereafter, only the phoneticized term is used. The phonetic transcription follows the “THL Simplified Phonetic Transcription of Standard Tibetan” by David Germano and Nicolas Tournadre (2003) as closely as possible. However, the phonetic transcription for proper Tibetan names, which have previously been published in secondary literature, does not follow THL. Thus: Lobsang not Lozang, Tenzin Chödrak, not Tendzin Chödrak, Tashi Tenzin, and not Trashi Tendzin, Ngawang and not Ngakwang (and in Ladakh: Nawang). The names of contemporary physicians are transcribed according to their own usage, for example: Tenzin Thaye, Tashi Tsering. Phonetics of previously published place names also do not follow the THL system, for example: Powo Tramo, not Pobo Tramok (Spo bo kra mog); Kyirong, not Kyidrong (Skyid grong); Phagri, not Pakri (Phag ri). Tibetan names, places, names of formulas, and general terms that occur more than once are listed alphabetically with their Wylie transliterations and explanations in the glossaries. Well-known Tibetan terms, such as lama or amchi, are used in their anglicized forms, without a plural -s. Sanskrit terms are transliterated following the “International Alphabet of Sanskrit Transliteration” (IAST) scheme (Wikipedia 2019). All Sanskrit terms are explained in the glossary.

Translations from the Tibetan are my own unless otherwise indicated.