



SOME TRADITIONAL FORMULAS THEIR TYPICAL USES IN THE PRACTICE OF TRADITIONAL MONGOLIAN MEDICINE

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ABSTRACT

Items related to medicine used by ancient nomads, archeological findings from Mongolia, and ancient medical books from China, Tibet, and Manchu demonstrate that Traditional Mongolian Medicine is an ancient science with a history of over 5,000 years. The history of medical science shows that humankind has had a long, difficult journey in fighting diseases.

Ancient felt dwellers and nomadic tribes adapted to natural evolution and harsh climate and identified means to heal diseases caused by customary habits. These treatment tools, particularly medicinal herbs, and animal-oriented medicines, were practiced and improved for many generations, and thus, a complex disease prevention system was formed. Most Traditional Mongolian Medicine treatments involve formula. Our country has discovered over 900 types of medical plants. In addition, Mongolia imports more

than 100 components of traditional medicine from Inner Mongolia, China, and China. Mongolia produces renowned medicinal materials of animal origin, such as deer horn and bear gall, which are recognized locally and abroad. Modern science and technology assisted the production of Traditional Mongolian Medicine and pharmaceuticals, and an industrialized production system of medicaments was set up.

A new philosophy for health-system development based on preventive medicine, rather than curative, and wide community participation and involvement of individuals and families in improving their general health must go hand in hand with improved intersectional collaboration. In addition, in 1999, the Mongolian Parliament endorsed the “National Policy on the Development of Traditional Mongolian Medicine.” The basic guidelines focus on staff training,

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standardizing the training curriculum, improving research and applying it to medical practice, translating ancient medical literature from old Mongolian script and Tibetan, in-house training of specialists, and increasing the number of pharmaceutical production enterprises. Policy on traditional medicine needs to be developed in line with that of international organizations such as the WHO.

In addition, within the framework of this policy, it is important to explain the use of traditional medicine in easy-to-understand language, not in old terms of traditional medicine, particularly wind, bile, phlegm, and five elemental theories. The interdependence, opposition, restriction, and transformation among three physiological systems, known as the three causal factors wind, bile, and phlegm (rlung, tripa, and beken), are used to discuss the balance of the whole¹. It is of great importance to make the method of using traditional medicine simple and clear with these theoretical terms. Therefore, this study expresses our views on translating medicine formulas in ancient medicinal books widely used in Mongolian traditional medicine into English^{2,3,4,5}. We wrote the Tibetan and Mongolian names of traditional medicines in Latin transliteration of Mongolian Cyrillic scripts and translated some theoretical terms into English.

FORMULAS FOR RESPIRATORY DISORDERS

1. SRO LO-4 decoction

Composition

Stellaria dichotoma L, *Polygonum bistorta* L, *Glycyrrhiza uralensis* Fisch and *Laccifer lacca* Kerr Willd.

Action and Indication

The decoction can remove toxic heat, stop coughing, and dispel phlegm. It is very effective for treating coughs due to “toxic heat in the lungs,” bronchitis, and the common cold, especially in children. It also can stop stabbing pain in the chest and back. Clinical experiments have shown that the drug has prominent effects in curing these ailments.

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire.

Storage

Keep hermetically and store in a cool, dry place.

2. MANA-4 decoction

Composition

Inula helenium L, *Sambucus manshurica* Kitag, *Kaemferia galanga* L and *Sophora alopecuroides* L.

Action and Indication

It effectively “clears up toxic heat and dispels wind heat in treating exterior symptom complex.” It also may be used to treat precursors of vessel organ *cancers* (bor-müg) and “phlegm” disease and the symptoms that appear at the first stage of epidemic febrile disease, such as chills, fever, headache due to heat in the blood, pains, and swelling of the throat, and stabbing pain in the region of the chest and ribs.

- preliminary stages of influenza when there are cold chills, headache, and pain in the hand and foot joints

- infectious febrile disorders accompanied by cold chills and shivering

- opens bodily pores and induces sweat

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire.

Storage

Keep hermetically and store in a cool, dry place.

3. CHATSARGANA-5 powder

Composition

Hippophae rhamnoides, *Glycyrrhiza uralensis* Fisch, *Vitis vinifera* L, *Gardenia jasminoides* Ellis and *Aucklandia lappa* decne.

Action and Indication

- chronic inflammation of the lungs

- “hidden” and “vitiated” fever

- expels pus and blood from lungs

- suppresses coughing

Dosage and Direction for use

1-2 gm twice or thrice daily with hot water.

Storage

Keep hermetically and store in a cool, dry place.

4. NOROV-7 decoction**Composition**

Inula helenium L, *Sambucus manshurica* Kitag, *Kaemferia galangal* L and *Sophora alopecuroides* L, *Terminalia chebula* Retz, *Terminalia belerica* Robx and *Gardenia jasminoides* Ellis.

Action and Indication

It clears up fever caused by inflammation of blood mixed with wind, which causes the imbalance of the seven bodily sustainers.

- prevents the common cold
- promotes the ripening of fever
- controls minor fever from spreading

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire, preferably in the afternoon.

Storage

Keep hermetically and store in a cool, dry place.

FORMULAS FOR DIGESTIVE DISORDERS**5. SHIJED-6 powder****Composition**

Kaemferia galanga L, *Rheum undulatum* L, *Terminalia chebula* Retz, *Calcitum*, *Tronae veneni* and *Inula helenium* L.

Action and Indication

It can remove undigested food, promote digestion, and check spasms and convulsions to relieve pain.” It can be used for indigestion, abdominal distension, gastric spasms, “heat produced by undigested food,” constipation, and gingivitis. Its evident ability to “relieve symptoms of dryness marked by constipation” can cause slight diarrhea. It helps remove the placenta.

Dosage and Direction for use

1-2 gm twice or thrice daily with hot water.

Storage

Keep hermetically and store in a cool, dry place.

Caution and contraindication

Do not use it by pregnant women.

6. INDRA-4 decoction**Composition**

Cynanchum thesioides Freyn, *Aconitum naviculare* /bouhl/ Stapt, *Polygonum bistorta* L, and *Aristolochia manshuriensis* Kom.

Action and Indication

- inflammation of large and small intestines
- stops diarrhoea

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire.

Storage

Keep hermetically and store in a cool, dry place.

7. TUNGALAG-5 powder**Composition**

Purica granatum L, *Cinnamomum cassia* Presl, *Amomum Kravanh* pire ex Garneep, *Piper longium* L and *Carthamus finctorus* L.

Action and Indication

Its properties are to “invigorate the vital functions of the stomach and remove undigested food and to help digestion and absorption.” It may treat gastritis caused by cold and dampness, stagnation, belching, and indigestion. In cases of food poisoning, it may be used as an antidote. This medicine is immediately effective without any side effects.

- promotes bodily heat
- promotes the flow of digestive enzymes and salivary maltase
- indigestion due to lack of bodily heat (especially of the digestive system)
- promotes the proper functioning of bodily sustainers

Dosage and Direction for use

1-2 gm twice or thrice daily with hot water.

Storage

Keep hermetically and store in a cool, dry place.

8. Plantago major L (Tavan salaa)**Parts used**

Leaves

Ingredient

The leaves contain glycosides aucubin, bitter, curtinent substances, ascorbic acid, carotenes, vitamin K, flavonoids, mannit, and oleanolic acids.

Action and Indication

Stops diarrhea, enterocolitis, gastritis, abdominal distension, urinary tract infection, dropsy, and moisture injuries.

Dosage and Direction for use

Put the decoction of dry leaves in a glass of water, evaporate it on a gentle fire, and take it twice or thrice daily.

Storage

Keep hermetically and store in a cool, dry place.

9. IKH KHAR powder**Composition**

Sus scrofa L Feacis Suis scrofari carbonisatonis, Terminalia chebula Retz, Terminalia belerica Robx, Gardenia jasminoides Ellis, Calcio sinter, Carthamus tinctorius L, Moschus berezovskii Flerov Amber, Gentiana barbata Froel, Lagotis integrifolia (Willd.) Schischk, Inula racemosa/ Hook. F, Saccharam sinensis Roxb and Bos Taurus domesticus Gmeline Calculi bovis, Bezoar.

Action and Indication

- stops emesis of sour and watery vomits
- a burning sensation in the stomach.
- eructation and heartburn
- inflammation of the stomach and liver
- pain in the liver and gallbladder
- promotes bile secretion
- bitter taste in the mouth
- yellow sclera and eyes

Dosage and Direction for use

1-2 gm twice or thrice daily with boiled water or with boiled water with rock candy.

Storage

Keep hermetically and store in a cool, dry place.

10. DEED GÜRGEM-7 powder**Composition**

Carthamus tinctorius L, Calcio sinter, Aquilegia sibirica Lam, Aristolochia manshuriensis Kom, Gentiana barbata Froel, Terminalia chebula Retz and Ephedra sinica Stapf

Action and Indication

- anti-inflammatory
- tonifies the liver
- acute, chronic, and enlargement of the liver
- pain in the hepatic region
- loss of appetite

Dosage and Direction for use

1-2 gm twice daily with boiled cold water

Storage

Keep hermetically and store in a cool, dry place.

11. ALTAN ARÜR-5 powder**Composition**

Terminalia chebula Retz , Punica granatum L, Momordica cochinchinensis (Lour) Spreng, Sus scrofa L and Troglodytes xanthipes Milne-Edwards.

Action and Indication

- indigestion
- stomachal and intestinal pain along with frequent rumbling
- bitter taste in the mouth and yellow sclera

Dosage and Direction for use

1- 2 gm twice daily in the morning and at noon with hot water.

Storage

Keep hermetically and store in a cool, dry place.

FORMULAS FOR URINARY DISORDERS**12. ARJÜ powder****Composition**

Terminalia chebula Retz, Rubia cordifolia L, Carthamus tinctorius L, Elettaria cardamomum, Troglodytes xanthipes Milne-Edwards, Gentiana barbata Froel, Juniperus rigida Sieb et Zucc, Laccifer Lacca Kerr Willd, Canavalia gladiata Jacq and Eliobotrya japonica,

Action and Indication

- Inflammation of the kidneys gives rise to pain in the kidneys, hips, thighs, and feet.

- relieves pain in the kidneys and hips

Dosage

1-2 gm twice or thrice daily with hot water.

Storage

Keep hermetically and store in a cool, dry place.

13. ARJÜ decoction**Composition**

Terminalia chebula Retz, *Gemmae Aconiti*, *Sophora alopecuroides* L, *Sambucus mansheirica* Kitag, *Carthamus tinctorius* L, *Arnebia guttata* Bde, *Inula helenium* L, *Odontites rubra* and *Artemisia frigida* Willd.

Action and Indication

- heals acute kidney disorders
- inflammation of urinary tract diseases
- promotes wind and blood circulation
- high blood pressure

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire.

Storage

Keep hermetically and store in a cool, dry place.

14. SÜGMEL-10 powder**Composition**

Elettaria cardamomum, *Eriochloa sinensis* H. Milne Edwards, *Zingiber officinale* Rosc, *Piper longum* L, *Malva mohileviensis* Downar, Sodium chloride, *Mangifera indica* L, *Caesalpinia crista* L, *Syzygium cumini* (L) skeels and *Moschus berezovskii* Flerov

Action and Indication

- heals kidney disorders
- removes kidney stones
- clears blockage of the urinary tract
- removes tumors and stones from the urinary bladder

Dosage and Direction for use

1-2 gm daily at night with hot or warm water.

Storage

Keep hermetically and store in a cool, dry place.

15. SOJED powder**Composition**

Punica granatum L, *Polygonatum odoratum* (Mill) Druce, *Elettaria cardamomum*, *Polygonatum kingianum* Goll et Hemse, *Cinnamomum cassia* Presl, *Asparagus dahuricus* Fisch. Ex Link, *Piper longum*, *Tribulus terrestris* L, *Carthamus tinctorius* L, *Malva neglecta* Wallr and *Mirabilis himalaica* (Edgew).

Action and Indication

Due to a lack of digestive heat, proper metabolic functions are impaired, which subsequently brings about disorders such as stomachal tumors. This drug is especially effective for promoting digestive heat, which in turn increases the bodily sustainers and acts as an elixir and tonic.

- promotes normal flow of urine
- tonic for the kidneys and urinary bladder
- stops diarrhea both from 'hot' and 'cold' causes
- effective against 'cold' disorders such as diarrhea, cold parasites, yellow fluid, phlegm disorders, and arthritis.

Dosage and Direction for use

1-2 gm daily at night with hot or warm water.

Storage

Keep hermetically and store in a cool, dry place.

16. SHAR GAA-4 decoction**Composition**

Curcuma longa L, *Tribulus terrestris* L, *Gardenia jasminoides* Ellis and *Phellodendron chinense* Schneid.

Action and Indication

- antipyretic
- diuretic
- inflammation of the urethra

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire.

Storage

Keep hermetically and store in a cool, dry place.

FORMULAS FOR CARDIOVASCULAR AND NERVOUS DISORDERS**17. TAG TAG GÜNSEL powder****Composition**

Calcitum, Arnebia euchroma (Royle) Johnst, Inula helenium L, Calculi bovis, Bezoar, Gardenia jasminoides Ellis, Odontites rubra (Burm.f) Rers, Calcio sinter and Glycyrrhiza uralensis Fisch.

Action and Indication

Inflammation of blood and when in need of phlebotomy.

- hypertension
- headache due to sharp sunshine
- toothache

Dosage and Direction for use

1-2 gm twice daily with boiled cold water

Storage

Keep hermetically and store in a cool, dry place.

18. ZADI-5 powder**Composition**

Myristica fragrans Houtt, Inula helenium L, Saussurea Lappa (Falc.) Lipsch, Choerospondias axillaries, and Piper longum L.

Action and Indication

Wind of the heart whose symptoms are:

- discomfort in the cardiac region
- lack of concentration and forgetfulness
- pain in the chest of the body
- nervousness, anxiety, and mental unrest

Dosage and Direction for use

1-2 gm twice daily with boiled water

Storage

Keep hermetically and store in a cool, dry place.

19. SHÜN AGAR - 8 powder**Composition**

Aquilaria sinensis (Lour) Gilg, Choerospondias axillaries (Roxb.) Burt et Hill, Myristica fragrans Houtt, Saussurea Lappa (Falc.) Lipsch, Terminalia chebula Retz, Calcio sinter, Bombax malabaricum and Liquidambar formosana Hance

Action and Indication

This is a traditional recipe for treating symptoms due to deficiency of activities of the blood in the heart, debility of insufficient blood supply, and the derangement of vital energy and blood". It can regulate "Wind," "reinforce vital energy of the heart and tranquilize the mind." It is suitable for treating loss or partial loss of consciousness, delirium, myocardial damage, precordial pain, restlessness, palpitations, and insomnia due to the penetration of "Wind"-heat into the pericardium.

Dosage and Direction for use

1-2 gm twice daily with boiled cold water

Storage

Keep hermetically and store in a cool, dry place.

FORMULAS FOR GYNECOLOGICAL DISORDER**20. SHIMSHIN – 6 powder****Composition**

Rheum undulatum L, Tronae veneni, Hippophae rhamnoides L, Kaemferia galanga L, Saussurea Lappa (Falc.) Lipsch and Nitrum.

Action and Indication

- amenorrhoea and leucorrhoea
- female diseases
- pain in the pelvis and genital organ of female

Dosage and Direction for use

1-2 gm twice daily with boiled cold water

Storage

Keep hermetically and store in a cool, dry place.

Cautions, and contraindications

Do not use it by pregnant women.

FORMULAS FOR YELLOW FLUID AND JOINT DISORDERS**21. SENDEN-4 decoction****Composition**

Xantho-ceras sorbifolia Bge, Terminalia chebula Retz, Terminalia belerica Roxb and Gardenia jasminoides Ellis.

Action and Indication

- arthritis

- skin disease
- oedema

Dosage and Direction for use

1-2 gm twice or thrice daily. Put the decoction in a glass of water and evaporate it on a gentle fire.

Storage

Keep hermetically and store in a cool, dry place.

22. BOIGAR-10 powder**Composition**

Liquidambar formosana Hance, Cassia tora L, Abutilon theophrastii Medik, Terminalia belerica Robx, Odontites rubra (Banmg) Rers, Terminalia chebula Retz, Gardenia jasminoides Ellis, Saussurea Lappa (Falc.) Lipsch, Sophora alopecuroides L and Trogopterus xanthipes Milne-Edwards

Action and Indication

- rheumatism, arthritis, and pain
- skin diseases
- gout

Dosage and Direction for use

1-2 gm twice daily with boiled cold water

Storage

Keep hermetically and store in a cool, dry place.

FORMULAS FOR WOUND AND BLEEDING**23. LANCHEN-13 powder****Composition**

Carthamus tinctorius L, Momordica cochinchensis (Lour) Spreng, Odontites rubra (Baumg) Pers, Calculi bovis, Bezoar, Aquilegia sibirica Lam, Aristolochia manshuriensis Kom, Gentiana barbata Froel, Trogopterus xanthipes Milne-Edwards, Gardenia jasminoides Ellis, Dracocephalum moldovica L, Inula helenium L, Coriandrum sativum L and Saussurea Lappa (Falc.) Lipsch.

Action and Indication

- excessive bleeding of major blood vessels through accidents and other causes
- promotes the normal flow of menses and its normal color
- stops blood vomiting
- bleeding

Dosage and Direction for use

1-2 gm twice daily with boiled water

Storage

Keep hermetically and store in a cool, dry place.

24. Cacalia hastata L (Egüüshin)**Parts used**

Leaves

Action and Indication

- ulcers and wounds in external organs
- wound bleeding
- liver disorder and fever

Dosage and Direction for use

Put the decoction of dry leaves in a glass of water, evaporate it on a gentle fire, and take it twice or thrice daily.

Storage

Keep hermetically and store in a cool, dry place.

Decoction-type formulas should necessarily be boiled in water and soup, but powder and pill-type ones must be washed down with boiled water or water with white sugar (pressed sugar) and soup. Usage instructions are not written following traditional medicine theory but based on practical usage. However, we remind you to read the instructions and thoroughly take formulas. The quantity of formulas should be varied according to body weight. People under 80 kg should take 1 gm, whereas people over 80 kg should take up to 2 gm. If a formula is hot or warm quality, it is useful for treating chronic diseases. If the formula is of a cold quality, it is recommended for acute diseases. For example, decoctions boiled in water should be taken 2-3 times daily when the first cold or flu symptoms appear. Formulas of equally hot and cold quality can be used in both cases. It is important to read the restrictions carefully. Pregnant women must not take Shijed-6 powders and Shimshin-6 powders⁶.

General Restrictions

- The formula's wrapping paper should not be disposed of as normal debris. The paper is respected in the Buddhist tradition and must be burned.

People should not start taking formulas and decoctions on cloudy days. It is proper to start on sunny, clear days.

- Do not take dropped formula if it is dropped, as it is considered a sign of recovery, making the formula unnecessary. You should not pick up a formula package if you drop it by accident, as this is a sign of recovery, too.

The decoction should not be boiled in fractured or broken containers, and the formula should not be drunk in a broken cup.

- Take the formula even if it is bitter. Otherwise, the formula will not have an effect.

Formulas in even numbers are prohibited. Pills and tang ought to be taken in odd numbers.

CONCLUSION

We translated 24 traditional medicine formulas from Mongolian into English, including ingredients, actions, indications, dosages, directions, and storage. We tried to write in as simple and understandable a language as possible. Translating traditional medicine's actions and indications into English is believed to have expanded the range of use of traditional formulas.

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