

Bibliography of Tibetan Medical Texts on Precious Pills (*rin chen ril bu*)

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The following texts largely relate to the manufacturing, therapeutic benefits, and administration of precious pills (*rin chen ril bu*). This bibliography is not exhaustive. There are many more texts on the mercury processing and the making of *tsotel* (*btso thal*), the mercury-sulfide ash compound used in many precious pills. These are not included here (except those from Tashi Tsering's *Collected Works on Mercury Formulations*, see page 10-11).

Many of the texts listed below are available on www.tbrc.org.

12th century

Yuthok Yönten Gönpö (G.yu thog yon tan mgon po). 1982. *Bdud rtsi snying po yan lag brgyad pa gsang ba man ngag gi rgyud*. Lhasa: Bod ljongs mi dmangs dpe skrun khang.

Chapter 11 of the Last Treatise on *rin po che sman* describes the formula of two precious pills *rin chen grang sbyor* and *rin chen tsha sbyor*.

13th/14th century

Drangti Penden Gyeltsen (Brang ti Dpal ldan rgyal mtshan, fl. 13-14th c.). 2005. 'O rgyan pa'i dngul chu'i sman nag sbyor ba rin chen phreng ba', in Bod rang skyong ljongs sman rtsis khang (ed.), *Brang ti lha rje'i rim brgyud kyi man ngag gser bre chen mo*, Lha sa: Bod ljongs mi dmangs dpe skrun khang, 143-57.

This text is also found in:

Taktsang Lotsaba Shéráp Rinchen (Stag tshang lo tsA ba shes rab rin chen) et al. 2004. "O rgyan pa'i sman nag sbyor ba rim bsrung skor." In *Brang ti lha rje'i rim brgyud kyi man ngag gser bre chen mo*, Pe cin: Mi rigs dpe skrun khang. TBRC Resource ID: W29896.

Orgyenpa Rinchenpel (O rgyan pa rin chen dpal, 1229/30–1309). *Rin chen dpal gyis mdzad pa'i rin po che'i sbyor ba* (available at the private library of T. Y. Tashigang, Delhi; Aschoff and Tashigang 2009: 29).

Lhatsün Rinchen Gyatso (Lha btsun rin chen rgya mtsho, fl. 14th c.). 2005. *Brong rtse be'u bum dkar mo man ngag gi bang mdzod*. Pe cin: Mi rigs dpe skrun khang. TBRC Resource ID: W1PD2. Includes a text on *rin chen ril bu*:

Grub chen o rgyan pa'i dngul chu gdams pa'i sko, p. 257-304.

Also includes instructions on Black Pills (*ril nag*) (300/4-368/6) (Czaja 2013: 80).

Lhatsün Rinchen Gyatso (Lha btsun Rin chen Rgya mtsho, fl. 14th c.). no date. *Brong rtse ba'i mdzad pa'i rin po che'i sbyor ba* (available at the private library of T. Y. Tashigang, Delhi; Aschoff and Tashigang 2009: 32).

Orgyenpa Rinchenpel (O rgyan pa rin chen dpal, 1229/30–1309), and Balipa (B+ha li ba). 2013. *Dngul chu btso bkru chen mo dang lcags khams thal bzo sogs kyi lag len phyogs bsgrigs*. Pe cin: Mi rigs dpe skrun khang. TBRC Resource ID: W8LS19222. (Arura vol. 93).

The text is largely on the making of *btso thal*, but has several chapters on *rin chen ril bu*: part 4-11 (p. 344-371) has several sections on *rin chen ril bu*; see p. 428-436 on *rin chen grang sbyor*; p. 463 on *rin chen tsha sbyor* burning techniques.

Tsangto Darma Gonpo (Gtsang stod Dar ma mgon po, fl. 11th or 13th c.?). 2006. *Gtsang stod zin thig dang yang thig*, Pe cin: Mi rigs dpe skrun khang. TBRC Resource ID: W2DB13635.

TBRC places Tsangto Darma Gonpo in the 11th century, but since he mentions Orgyenpa, Czaja (2013) places him in the 13th century. This text includes works on *rin chen thal sbyor* (p. 230-32), *rin chen gtsug bshal* (p. 538-39), and *rin chen snying bshal* (p. 536-537).

According to Czaja (2013: 79) Tsangto Darma Gonpo “also mentions Mangjor-18 (*mang sbyor bco bryad*), i.e. ‘Accumulation Pill with Eighteen Ingredients,’ which originated, he writes, from the prophecy of both the *ḍākinī* Sukhasiddhi and Ugyenpa, which means Rinchenpel himself (*Gtsang stod zin thig yang thig* 603/1–605/24).”

15th /16th century

Dorjé Pelzang (Rdo rje dpal bzang, fl. 15th and 16th c.). 2004. ‘Dngul bre’, in Penden Gyeltsen (Dpal ldan rgyal mtshan), *Man ngag gser bre ma dang dngul bre ma*, Pe cin: Mi rigs dpe skrun khang, 86-303.

According to Czaja (2013: 79-80) this text includes a section on the preparation of ‘Black Pills’ (*ril nag*) based on Orgyenpa’s teachings (176/16-178/10) and mentions *rin chen dbang ril* (109/2–9, 279/4–13).

Gongmen Könchok Délek (Gong sman dkon mchog bde legs, 1447-1506). 2010. *Man ngag po ti dmar po*. 2 vols. Arura vol. 63. Pe cin: Mi rigs dpe skrun khang. TBRC Resource ID: W8483.

Vol. 2 has as section on *dbang ril* (p. 1386-89).

Gongmen Könchok Délek (Gong sman dkon mchog bde legs, 1447-1506). no date. "Gong sman pa rang gis rgya bod kyi dgongs pa mdor bsdus pa rin po che'i sbyor ba sab mo." Available at the private library of T. Y. Tashigang, Delhi (Aschoff and Tashigang 2009: 32).

Kyempa Tsewang (Skyem pa tshe dbang, fl. 15th c.) et al. 2007. "Tshe la dbang ba'i ril nag chen mo'i zin bris slob dpon gyi bzhed pa rab gsal dri med (le'u 2)." In *Tshe dbang brya rtsa*, Pe cin: Mi rigs dpe skrun khang, 11-14. TBRC Resource ID: W2DB4622.

Zurkhar Nyamnyi Dorjé (Zur mkhar mnyam nyid rdo rje, 1439-1475). 1993. *Bye ba ring bsrel*. Lanzhou: Kan su'u mi rigs dpe skrun khang.

Note: Page numbers in the TBRC publication of the work (TBRC Resource ID: W29481) differ from the 1993 publication.

The *Bye ba ring bsrel* (1993) includes several short texts on precious pills:

1. *rin chen tsha sbyor gyi zin bris*, p. 178-181.
2. *rin chen dngul sbyor nyung ba gsang ba nyams kyi yig chung*, p. 181-184.
3. *rtsa sbyongs kyi man ngag rin chen rtsa sbubs dri sel*, p. 195-196.
4. *ril nag che 'bring chung gsum gyi gsang don gsal byed 'chi med nor bu*, p.287-298.

(This section was translated into English by Yonten Gyatso. 1991. "The secrets of the black pill formulation." *Tibetan Medicine* no. 13: 38-55).

5. *rin chen shel bzo ba'i rdzas sbyor gyi lag len gab pa mngon phyung*, p. 434-437.
6. *bai ro tsa na'i lcags ril*, p. 511 (a formula of Chakril Chenmo following the tradition of Vairocana).
7. *bye ba ring bsrel gyi cha lag grangs med gsungs ngag dum bu khrigs kyi lhan thabs su bkod pa*, pp.679ff: section 17 has a formula on *rin chen gtsug bshal* (p. 693); section 38 has a formula on *rin chen bdun sbyor* (p. 714); section 39, has a section on *lcags ril che 'bring chung gsum* (p. 715); section 54, has a section on *dbang ril* (p. 730).

Note: Text 4 is also published in:

Zurkhar Nyamnyi Dorjé (Zur mkhar mnyam nyid rdo rje; 1439-1475). 1986 [15th century]. "Ril nag gsang ston gsal byed 'chi med nor bu (Eternal Gem for the Clear Revelation of Secrets of the Black Pill Formulation)." In *Rin chen dngul chu sbyor sde phyogs bsdebs. Collected Works on Mercury Formulations (Rāśasiddhīśāstra)* by 'Ju Mi-pham, Bla-smān Orgyan bstan-'dzin, Sde-dge drun-yid Guru-'phel, Kon-sprul Yon-tan rgya-mtsho. Reproduced from Rare Manuscripts and Sde-dge Woodblocks from the Library of Late Dr Jamyang Tashi, Dr Tenzin Chodrak, and Dr Lobsang Tashi., edited by Tashi Tsering, Dharamsala: Library of Tibetan Works and Archives, 1-20. (See also page 10-11 of this bibliography).

17th century

Darmo Menrampa Lobsang Chödrak (Blo bzang chos grags). "Rin chen grang sbyor gyi gsal byed 'chi med bdud rtsi'i nying khu, Rin chen rta ri ma, Dbang ril shel gyi mchod rten."

Unpublished manuscript, preserved at T. Y. Tashigang's private library in Delhi (Aschoff and Tashigang 2004: 34). Titles of the short texts included in this work are also listed in:

Börang kyongjong mentsikhang (Bod rang skyong ljongs sman rtsis khang) (ed.). 2006. *Bod lugs gso rig dpe rnying dkar chag*. 藏汉英古今藏医药文献目录编制. *Tibetan-Chinese-English Catalog of the Tibetan Traditional Medicine Books*. Lha sa: Bod ljongs mi dmangs dpe skrun khang, p. 131 (see Czaja 2013: 87):

1. *rin chen grang sbyor gyi gsal byed 'chi med bdud rtsi'i nying khu dang rin chen rta ri ma*
2. *dbang ril shel gyi mchod rten*
3. *dug 'joms dbang po'i ril bu bsdus pa'am*
4. *mang sbyor gzhan las khyad du 'phags pa*
5. *rin chen ril bu gtong tshul dang rab gnas mdor bsdus*
6. *dngul chu btso bkru chen mo'i zin bris gsal ba'i me long bcas*.

Deumar Geshe Tenzin Püntso (De'u dmar dge bshes bstan 'dzin phun tshogs, b. 1672). 1993. *Gso rig gces btus rin chen phreng ba bzhugs so*. Zi ling: Mtsho sngon mi rigs dpe skrun khang. TBRC Resource ID: W21588.

This work has three texts on *rin chen ril bu*:

1. *rin chen dbang ril bu gsum gyi lag len gsal ba'i bstan bzos zab gsal snying thig*, p. 317-332
2. *rin chen btso bkru'i lag len zla dbang rab 'ching*, p. 529-533
3. *rin chen ril bu gtong thabs lag len nges zab snying thig*, p. 534-537.

These texts are also found in:

Deumar Geshe Tenzin Püntso (De'u dmar dge bshes bstan 'dzin phun tshogs, b. 1672). 2007. *De'u dmar gso rig gces btus, 2 vol.* 2 vols. Beijing: Mi rigs dpe skrun khang. TBRC Resource ID: W2DB13637.

Drigung Chökyi Drakpa (Chos kyi grags pa, 1595-1659) et al., [1661] 2007. *'Bri gung gso rig gces bsdus* [Drigung Collection of Sowa Rigpa], edited by Kun mkhyen rig 'dzin chos grags and Dkon mchog 'gro phan dbang po. Dehradun: Srong btsan dpe mdzod khang nas bskrun.

This collection contains several texts on precious pills (quoted from Czaja 2013: 81-82, note 32, and p. 83, note 35):

1. *Rin chen grang sbyor ril nag gi sngon byung gleng gzhi* [An Introduction to the history of the Precious Cold Compound Pill], 63-65.
2. *Rin chen ril nag chen mo'i zin bris brtan g.yo'i bcud bsdus mkhas pa dga' byed* [Notes on the Big Black Jewel Pills. A Collation of Everything. A Feast for the Wise], 66/1–74/18.
3. *Grang sbyor ril nag grangs nges brtag pa mu tig 'phreng ba* [Testing the Authentic Precious Pills Against Cold Disorders (alias) Black Pills. A Rosary of Pearls], 75/1–76/13.
4. *Grang sbyor rin chen ril nag gi kha skong ldum bu'i man ngag* [A Supplement to the Pills against Cold Disorders (alias) Jewel Black Pills. An Instruction of Plants], 77/1–78/11.
5. *Grang sbyor ril nag gi phan yon mos ldan dga' ba'i dbyar rnga.* [The Indication of the Pills Against Cold Disorders (alias) Black Pills: A Summer Drum/ (i.e Thunder) of Unceasing Joy], 79/1–81/12.
6. *Rin chen ril bu'i cha lag sbyar dug gso thabs* [An Auxiliary Teaching to the Jewel Pills: A Method to Eliminate Compounded Poison], 82/1–89/20.
7. *Rin chen grang sbyor ril bu'i cha lag phran bu'i sbyar dug gso thabs* [A Minor Auxiliary Teaching to the Precious Pills against Cold Disorders: A Method to Eliminate Compounded Poison], 90/1–91/17.
8. *Ril nag chung 'bring gi zin bris 'chi ba bshol 'debs* [Notes on the Minor and Medium Formula of the Black Pills: Averting Death], 92/1–93/16.
9. *'Thun byed ril nag gi zin bris yang bcud bdud rts'i'i bum pa* [Quintessential Notes on the Tünjé Black Pills: A Vase of Ambrosia], 94/1–95/20.
10. *Ril nag che 'bring chung ngu'i sbas don gsal byed nam mkha'i nor bu* [Clarification of the Hidden Meaning of the Minor, Medium and Major Formula of the Black Pills: A Jewel of the Sky], 96/1–98/7.
11. *Rin chen ril bu gtong tshul gyi zin bris zur mkhar ba'i khyad chos* [Notes on the Administration of Jewel Pills: The Excellent Teaching of Zumkharwa], 117/1–120/14.
12. *Rin chen tsha sbyor gyi zin bris gcong nad bde bster* [Notes on Precious Pills against Hot Disorders: A Bestower of Happiness to the Chong Disease], 99/1–100/12. Author unknown.
13. *Rin chen ril bu 'thag thabs kyi zhal gdams* [An Oral Instruction on the Method of Grinding Jewel Pills], 102/1–18. Author unknown.

Several of these texts are also published in Drikung Chökyi Drakpa's *gsung 'bum*:

Drigung Chökyi Drakpa (Chos kyi grags pa, 1595-1659). 1999. *Kun mkhyen rig pa 'dzin pa chen po chos kyi grags pa'i gsung 'bum*. Vol. 15. Kulhan: Drikung Kagyu Institute. TBRC Resource ID: W22082.

18th / 19th century

Degé Drungyig Gurupel (Sde dge'i drung yig Gu ru 'phel, 18th century). 1986. "Srid gsum gtsug rgyan si tu chos kyi 'byung gnas kyi zhal lung dngul chu btso chen dang rin chen ril bu'i sbyor sde zla ba bdud rts'i'i thig le ces bya ba bidza ha ram sde dge'i drung yig gu ru 'phel gyi zin bris." In *Rin chen dngul chu sbyor sde phyogs bsdebs. Collected Works on Mercury Formulations (Rasasiddhiśāstra)* by 'Ju Mi-pham, Bla-smān Orgyan bstan-'dzin, Sde-dge drun-yid Guru-'phel, Kon-sprul Yon-tan rgya-mtsho. Reproduced from *Rare Manuscripts and Sde-dge Woodblocks from the Library of Late Dr Jamyang Tashi, Dr Tenzin Chodrak, and Dr Lobsang Tashi*, edited by Tashi Tsering (Bkra

shis tshe ring), Dharamsala: Library of Tibetan Works and Archives, 303-391. (See also page 10-11 of this bibliography).

The same text was also published as:

Degé Drungyig Gurupel (Sde dge'i drung yig Gu ru 'phel, 18th century). 1985. *Srid gsum gtsug rgyan si tu chos kyi 'byung gnas kyi shal lung dngul chu btso chen ril bu'i sbyor sde zab bdun bdud rtsi'i thig le (Treatise on the use of mercury pellets in Tibetan medicine according to the order of Situ Panchen. Reproduced from a Degge print prepared at the order of Yeshe Donden by the ruler Tsewang Dudul)*. Leh: T. Sonam and T. Y. Tashigang. TBRC Resource ID: W30144.

Jamyang Khyentsé Wangpo ('Jam dbyangs Mkhyen brtse'i dbang po, 1820–1892) and **Takla Norbu** (Stag bla nor bu, 1889-1958). 2008. *Mkhyen brtse'i dbang po'i sman yig. Stag bla nor bu'i sman yig*. Pe cin: Mi rigs dpe skrun khang. TBRC Resource ID: W1KG8532.

The texts by Khyentsé Wangpo on precious pills in this work are (according to Czaja 2013: 93, note 79):

- 1) *How to Administer Jewel Pills (Rin chen ril bu gtong tshul)*, 120/1–123/18;
- 2) *The Compounded Pills of Ambrosia of Immortality (known as) Moon-crystal: An Elixir of Immortality (Zla shel 'chi med bdud rtsi ril bu'i sbyor ba 'chi med bcud len)*, 209/1–21;
- 3) *Notes on the Practice of the Big Moon-crystal: A Reflection of the Moon of Ambrosia (Zla shel chen mo'i phyag len gyi zin bris bdud rtsi'i zla snang)*, 210/1–213/13;
- 3) *The Big Moon-crystal (Zla shel chen mo)*, 214/1–215/5;
- 4) *Notes on Precious Pills against Hot Disorders: The Oral Tradition of a Wise Man (Rin chen tsha sbyor gyi zin bris mkhas pa'i ngag rgyun)*, 233/1–234/5;
- 5) *Oral Advice on Purifying Mercury (Dngul chu btso bkru'i skabs zhal shes)*, 245/1–15.

Jamyang Khyentsé Wangpo ('Jam dbyangs Mkhyen brtse'i dbang po, 1820–1892). 1977-1980. "Rin chen ril bu'i phan yon dang bsten tshul." In *Gsung 'bum/ Mkhyen brtse'i dbang po*, Gangtok: Gonpo Tseten, Vol. 21: 549-564. TBRC Resource ID: W21807.

Karma Ngélek Tendzin (Situ dbon karma nges legs bstan 'dzin; born around 1700). 1973. *Si tu sman bsdus E wam Vol. 2: Rin chen dbang ril dang rin chen rta ri ma'i sbyor sde bgyis tshul gzhan zla 'od gzhon nu'i 'khris shing [Another way to prepare Rin chen dbang ril and Rin chen rta ri ma, next to the ever-youthful Candraprabha]*. Reproduced from a set of sde dge block prints vols. Vol. 55, *Sman rtsis shes rig spen dzod*. Leh: T.Y. Tashigang.

Lamen Orgyen Tendzin Gyatso (Bla sman O rgyan bstan 'dzin rgya mthso, b. 19th c.). 1986. "Rin chen dngul chu btso bkru zla shel ril bu'i sbyor ba drang srong rgyun shes kyi lugs khol du phyungs pa." In *Rin chen dngul chu sbyor sde phyogs bsdebs. Collected Works on Mercury Formulations (Rāsasiddhiśāstra) by 'Ju Mi-pham, Bla-smān Orgyan bstan-'dzin, Sde-dge drun-yid Guru-'phel, Kon-sprul Yon-tan rgya-mtsho. Reproduced from Rare Manuscripts and Sde-dge Woodblocks from the Library of Late Dr Jamyang Tashi, Dr Tenzin Chodrak, and Dr Lobsang Tashi.*, edited by Tashi Tsering (Bkra shis tshe ring), Dharamsala: Library of Tibetan Works and Archives, 145-151. (See also page 10-11 of this bibliography).

A rare text on the manufacturing and health benefits of *rin chen btso bkru zla shel*.

Lamen Orgyen Tendzin Gyatso (Bla sman O rgyan bstan 'dzin rgya mthso, b. 19th c.). 1986. "Rin po che'i sbyor ba'i gtso bo bdud rtsi bcud rgyal dngul chu btso bkru che mo'i lag len snying por dril ba phan bde'i gter mdzod." In *Rin chen dngul chu sbyor sde phyogs bsdebs. Collected Works on Mercury Formulations (Rāsasiddhiśāstra) by 'Ju Mi-pham, Bla-smān Orgyan bstan-'dzin, Sde-dge drun-yid Guru-'phel, Kon-sprul Yon-tan rgya-mtsho. Reproduced from Rare Manuscripts and Sde-*

dge Woodblocks from the Library of Late Dr Jamyang Tashi, Dr Tenzin Chodrak, and Dr Lobsang Tashi, edited by Tashi Tsering (Bkra shis tshe ring), Dharamsala: Library of Tibetan Works and Archives, 153-290. (See also page 10-11 of this bibliography).

This text is based on the works of Jamyang Khyentsé Wangpo and Kongtrul Yönten Gyatso.

Lozang Tsultrim of Chahar (Cha har dge zbhes blo bzang tshul khriims, 1740-1810) et al. 2007. *Cha har dge bzhes kyi sman yig/ byu ru do shal dang rin chen do shal*. Pe cin: Mi rigs dpe skrun khang.

Mipham Namgyel Gyatso (Mi pham rnam rgyal rgya mtsho, 1846–1912). 1992. "Rin chen grang sbyor ril bu rta ri ma dang/ rgyun gcod sman skor". In *'Ju mi pham gyi gsung 'bum gces btus/ Sman yig phyogs bsgrigs (Collection of medications and prescriptions)*. Khreng tu'u: Si khron mi rigs dpe skrun khang. TBRC Resource ID: W30528.

Mipham Namgyel Gyatso (Mi pham rnam rgyal rgya mtsho, 1846–1912). 1986. "Rin chen dngul chu'i sbyor ba'i rtogs pa brjod pa'i gtam ngo mtshar 'chi med grub pa'i rna rgyan." In *Rin chen dngul chu sbyor sde phyogs bsdebs. Collected Works on Mercury Formulations (Rasasiddhiśāstra) by 'Ju Mi-pham, Bla-sman Orgyan bstan-'dzin, Sde-dge drun-yid Guru-'phel, Kon-sprul Yon-tan rgya-mtsho. Reproduced from Rare Manuscripts and Sde-dge Woodblocks from the Library of Late Dr Jamyang Tashi, Dr Tenzin Chodrak, and Dr Lobsang Tashi*, edited by Tashi Tsering, Dharamsala: Library of Tibetan Works and Archives, 59–121. (See also page 10-11 of this bibliography).

Orgyen Tekchok (O rgyan theg mchog, fl. 19th c.). 2005. "Zin tig mdzes rgyan bdud rtsi'i sman mdzod (chapter 19: Rin chen ril bu btang thab)." In *Gso rig zin tig yang tig*, edited by Kongtrul Yönten Gyatso (Kong sprul yon tan rgya mtsho, 1813-1899) et al. and Mtsho sngon zhing chen bod kyi gso rig zhib 'jug khang nas bsgrigs, Pe cin: Mi rigs dpe skrun khang, 284-289. TBRC Resource ID: W29478.

The same text also appears in:

Orgyen Tekchok (O rgyan theg mchog, fl. 19th c.). 2002. "Zin tig mdzes rgyan bdud rtsi'i sman mdzod (chapter 19: Rin chen ril bu btang thab)." In *Gso rig skor gyi rgyun mkho gal che ba bdam bsgrigs*, edited by Yönten Gyatso (Yon tan rgya mtsho, 1813-1899) et al., Pe cin: Mi rigs dpe skrun khang, 106-259. TBRC Resource ID: W25121.

Tsangmen Yeshe Zangpo (Gtsang sman ye shes bzang po, born 1707). 2007. "Dngul chu btso bkru dang rin chen ril bu'i dmar khrid lag len." In *Gtsang sman pa'i sman yig phyogs bsgrigs*, Pe cin: Mi rigs dpe skrun khang, 267-282. TBRC Resource ID: W2DB4621.

Yéshé Gyatso (Ye shes rgya mtsho, 1789-1856). 1981. "Rin chen ril bu gtong tshul." In *Gsung 'bum/ Ye she rgya mtsho (Ser smad grwa tshang par ma), The Collected Works of Chu-bzang bla-ma Yeshe rgya-mtsho*, New Delhi: Ngawang Gelek Demo, 437-441. TBRC Resource ID: W1KG10772.

20th /21st century

Dawa Ridak (Zla ba ri brag). 2003. *Bod kyi gso ba rig pa las sman rdzas sbyor bzo'i lag len gsang sgo 'byed pa'i lde mig (The Key to open the secret door to the practical application of manufacturing medicines from the Tibetan science of healing)*. Delhi: Rig Drag Publications.

A modern formula book, includes precious pill formulas.

Jamyang Lhündrup ('Jam dbyangs lhun grub, b. 1938/39). no date. *Untitled text on the making of tsotel in Lokha, southern Tibet, in 1991*. Includes descriptions on making *rin chen ril bu*.

Khyenrap Norbu (Mkhyen rab nor bu, 1883-1962). 2007. "Rin chen ril bu'i phan yon dang bsten thabs gsal ba'i me long." In *Mkhyen rab nor bu'i sman yig gces btus. Mā yang sman yig gces btus*, edited by Khyenrap Norbu et al., Pe cin: Mi rigs dpe skrun khang, 198-209.

Khyenrap Norbu (Mkhyen rab nor bu, 1883-1962), and Men-Tsee-Khang. 1995. *Sman sbyor gyi nus pa phyogs bsodus phan bde'i legs bshad*. Dharamsala: Men-Tsee-Khang.

Includes information on the benefit of precious pills. The first text lists all remedies made at Chakpori and their benefits (*phan yon*); this section only mentions *rin chen byur dmar mgo yi*, p. 27.

The second texts lists formulas made at Mentsikhang in Lhasa (pp. 34ff.), including:

1. *rin chen g.yu rnying nyer lnga*, p. 60
2. *rin chen grang sbyor*, p. 60-62
3. *rin chen mang sbyor*, p. 62
4. *rin chen dbang ril 25*, p. 63
5. *rin chen btso bkru zla shel*, p. 63
6. *rin chen ratna bsam 'phel = mu tig 70*, p. 64-65
7. *rin chen tsha sbyor chen mo*, p. 65-66
8. *rin chen dgu yi sbyor ba*, p. 66.

Krung go'i gso rig kun 'dus las bod kyi gso ba rig pa rtsom sgrig u yon lhan khang nas brtsams. 1990, 2000. "Rin po che sbyor ba'i sde tshan." In *Krung go'i gso rig kun 'dus las bod kyi gso rig pa*, Lha sa: Bod ljongs mi dmangs dpe skrun khang, 304-308. TBRC Resource ID: W28868.

According to T.Y. Tashigang, an earlier publication of this text (no date, Internal Study Publication No. 6, Sman rtsis khang, Lha sa) contains a large section on the processing and preparation of *rin chen ril bu*. This section was not included in the 1990 and 2000 publications (Aschoff and Tashigang 2009: 43).

Mnga' ris srid gros rig gnas lo rgyus bsdu rub u yon lhan khang gis. 1996. "Rin chen nya phyi ril bu gsar bzo byas pa'i ngo sprod." In *Stod mnga' ris skor gsum gyi lo rgyus*, Lha sa: Bod ljongs mi dmangs dpe skrun khang, 455-461. TBRC Resource ID: W21366.

Phuntsok Tendar (Phun tshogs bstan dar). 2006. *Bod lugs gso ba rig pa'i sman sbyor phan yon gces btus*. Dharamsala: D. K. Agencies (P) Ltd.

A short text book on Tibetan drug with lists of ingredients. Students of Men-Tsee-Khang memorize parts of this book. It has a few pages on *rin chen ril bu* (p. 95-103), written in poetic form; self-published by Phuntsok Tendar while a Men-Tsee-Khang medical student in Dharamsala (www.dkagencies.com).

Sönam Bakdrö (Bsod nams bag dros). 2006. *Dngul chu'i byung ba spyi dang bye brag btso bkru rig pa'i lag len rgyas par bkral ba mkhas grub ratna shi'i dgongs rgyan*. Lha sa: Bod ljongs mi dmangs dpe skrun khang.

A modern formula book, includes precious pill formulas.

Sönam Döndrup (Bsod nams don grub). 2000. *Sman sbyor lag len gyi gdams pa myong grub ma*. Pe cin: Mi rigs dpe skrun khang.

A modern formula book, includes precious pill formulas.

Troru Tsenam (Khro ru tshe rnam, 1928-2004). 1981. *Dngul chu btso bkru chen mo dang, Lcags khams thal bzo rin chen ril bu'i sbyor ba bcas kyi lag len nag 'gro su bkod pa zla ba'i 'od zer. Ka thog rgyud sde ba Tshe ring dbang rgyal gyis slob ston byas pa'i ma zin ltar Sde dge rdzong bod sman khang gis brtsams*. Khreng tu'u: Si khron mi rigs dpe skrun khang. TBRC Resource ID: W1KG21716.

Troru Tsenam (Khro ru tshe rnam, 1928-2004). 2001. "Dngul chu btso bkru chen mo dang/ lcags khams thal bzo/ rin chen ril bu khag gi sbyor thabs lag len bcas kyi zin bris." In *Gso rig rgyud bzhi'i 'grel chen drang srong zhal lung*, Khreng tu'u: Si khron mi rigs dpe skrun khang, 510-625.

Reprint:

Troru Tsenam (Khro ru tshe rnam, 1928-2004). 2012. *Dngul chu btso bkru chen mo dang lcags khams thal bzo rin chen ril bu khag gi sbyor thabs lag len bcas kyi zin bris, Rgyal khab rim pa'i mngon med rig gnas shul bzhaq gi rgyud 'dzin rnam grangs*. Lha sa: Bod ljongs mi dmangs dpe skrun khang.

and partially reprinted in:

Troru Tsenam (Khro ru tshe rnam, 1928-2004). 2011-2012. "Gangs dkar bdud rtsi'i khye'u bsdus las rin chen ril bu khag gi sbyor thabs lag len." In *Bod kyi gso rig kun btus*, edited by Otsang Tsokchen (O tshang tshogs chen) and Mtsho sngon zhing chen bod kyi gso rig zhib 'jug gling gis bsgrigs, Pe cin: Mi rigs dpe skrun khang, 677-731.

Tsering Wangyal et al. (kaHthog rgyud sde ba tshe ring dbang rgyal gyis slob ston byas pa'i ma zin ltar sde dge rdzong bod sman khang gis brtsams) (Compiled by Derge Mentsikhang in accordance with the unfinished (?) advice of Tsering Wangyal of the Kathog Tantra Section). 1981. "Rin chen ril bu'i sbyor ba'i skor." In *Dngul chu btso bkru chen mo dang / lcags khams thal bzo/ rin chen ril bu'i sbyor ba bcas kyi lag len nag 'gros su bkod pa zla ba'i 'od zer*, Khreng tu'u: Si khron mi rigs dpe skrun khang, 115-103. TBRC Resource ID: W1KG21716.

Tshekho (Tshe kho, b. 1963). 2006. *Rgyun spyod bod sman thang phye ril bu gsum gyi sbyor sde dang lag len gyi skor brjod pa kun phan bdud rtsi'i chu rgyun*, edited by Si khron dpe skrun tshogs pa, Khreng tu'u: Si khron mi rigs dpe skrun khang. TBRC Resource ID: W1GS55180.

Tshekho lists formulas of several precious pills throughout the book. For example: *mang sbyor*, p. 246-47; *g.yu rnying nyer lnga*, p. 243-44; *byur dmar 25*, p. 239-241, etc. He also includes a text on how to administer precious pills: *Rin chen rigs gtong thabs rags tsam bshad pa*, p. 280-283.

Yangmer (G.yang mer). 2007. *Rgyun spyod sman sbyor nus pa phyogs bsdus bdud rtsi'i thigs phreng bzhus*. Lha sa: Bod ljongs mi dmangs dpe skrun khang.

A small handbook on common Tibetan drugs with instructions on how and for what conditions to take them. Includes a table of drugs (including *rin chen ril bu*), their characteristics (hot/cold), amounts, etc.

Anonymous, undated texts

Anonymous. no date. *Khams dpal spungs nas 'tshol bsdu zhus pa'i sman yig bris ma dpe rnying dpe dkon*, (*Collection of rare manuscripts of Tibetan medical texts from Palpung, Kham*) 9 volumes. (in *dbu med*). TBRC Resource ID: W2PD17503.

Contains several smaller texts on *rin chen ril bu*:

1) *rin chen grang sbyor ril nag gi sngon 'byung gleng bzhi sogs*, Vol. 5: 641-736.

- 2) *nyer Inga nyi shu rtsa Inga'i sbyor ba rin chen srog gi rgyab gtan*, Vol. 9: 209-218.
- 3) *rin chen grang sbyor gyi gsal byed chig thub rdo rje pha lam*, Vol. 9: 219-234.
- 4) *rin chen grang sbyor ril bu'i rab gnas skor*, Vol. 9: 235-240.
- 5) *dbang ril rin chen shel gyi mchod rten chen po'i sbyor tshad*, Vol. 9: 261-266.
- 6) *rin chen tsha sbyor gyi gsal byed chig thub rdo rje pha lam*, Vol. 9: 301-310.
- 7) *rin chen d+ha ri ma'i zhal gdams dang lag len gyi rim pa nag po 'gro shes ky'i tshul du bkod pa*, Vol. 9: 333-338.

Anonymous. no date. *Bod ky'i sman rtsis ky'i dpe dkon dpe rnying phyogs bsgrigs*. 82 vols. (in *dbu med*).
TBRC Resource ID: W2PD17476.

This work includes about ten texts on various *rin chen ril bu*.

Anonymous. no date. *Rin po che ril bu rnams ky'i phan yon dang bsten tshul snying por dril ba bdud rtsi'i zla snang*. 20p. (in *dbu med*). TBRC Resource ID: W8LS19631.

On the benefits and practice of making precious pills.

Reproduction of Rare Manuscripts

Tashi Tsering (ed.). 1986. *Rin chen dngul chu sbyor sde phyogs bsdebs. Collected Works on Mercury Formulations (Rāsasiddhiśāstra) by 'Ju Mi-pham, Bla-sman Orgyan bstan-'dzin, Sde-dge drun-yid Guru-'phel, Kon-sprul Yon-tan rgya-mtsho. Reproduced from Rare Manuscripts and Sde-dge Woodblocks from the Library of Late Dr Jamyang Tashi, Dr Tenzin Chodrak, and Dr Lobsang Tashi.* Dharamsala: Library of Tibetan Works and Archives.

This collection includes important texts on making *btso thal* as well as *rin chen ril bu*.

Thanks to Tashi Tsering, Amnye Machen Institute, Dharamsala, India, for providing the following list of contents and information regarding the collections that these texts come from:

Item numbers 1-7 are from the collection of the Library of Tibetan Works & Archives, Dharamsala

- ༡ རིལ་ནག་གསལ་སྟོན་གསལ་བྱིང་འཆི་མིང་ནོར་བུ་ཞེས་བྱ་བ་བཞུགས་སོ། །རྒྱལ་བའི་གནས་སྡོགོང་ཡུལ་སྤྲང་གྱི་ཆ། །གསལ་ཞེས་བྱ་བ་གསལ་སྟུགས་གྲུབ་པའི་ཕུ། །དབེན་སྟོ་སྟུན་ནགས་མི་ཏོག་སྦྱིང་འཚལ་དུ། །དམས་བྲིས་པ་དགེ་བས་བྱང་རྩལ་ཤོག། pp. 1-
- ༢ ཚངས་པའི་ནོར་བུ་རིལ་ནག་ཀུན་འདུས་རྐང་གཉིས་བདེ་སྟོར་དཀར་ཆག་དག་སྤང་སྟོ་བྱིང་བཞུགས་སོ།། pp. 20-
- ༣ བི་ཏཱ་ཏྲ་ཟླ་མའི་སྟོར་བ་བྱིང་འཕགས་པའི་ཟབ་གནད་གདམས་པ་བཞུགས། བན་རྩྭ་ནས། pp. 23-
- ༤ རིན་ཆེན་རིལ་བུ་གཏོང་ལུགས་བྱིང་བཅོས་མཁས་པའི་བྲག་ལེན་བཞུགས། pp. 26-
- ༥ དདུལ་རྩུ་བཙོ་བཀྱ་ཆེན་མོ་ཟེ་འཆིང་གི་ལག་ལེན་གསལ་མཛོད་སྟུགས་པའི་བྲེ་མིག་བཞུགས་སོ། །དང་སྲོང་རྒྱན་པོ་རྩྭ་ནའི་མིང་ཅན་གྱིས་རང་ལོ་རི་བདུན་ལ་ཟེན་ཐོར་སྟེ། pp. 29-
- ༦ དདུལ་རྩུ་བཙོ་བཀྱ་ཆེན་མོའི་ཆ་རྒྱན་རིན་པོ་ཆེ་ཆེ་འདུལ་ཆེན་མོ་བཞུགས་སོ།། pp. 49-
- ༧ རིན་ཆེན་དདུལ་རྩུ་བཙོ་བཀྱ་ཆེན་མོ་བཙོ་བཀྱ་ཆེན་མོ་འཆིང་པའི་གདམས། རོ་མཚར་འཆི་མིང་གྲུབ་པའི་རྩ་རྒྱན་ཞེས་བྱ་བ་བཞུགས་སོ། །བཞེ་མི་ཕམ་རྒྱ་མཚོ་འཕ། །མིང་གཞན་མ་ཏི་བི་མ་ལར་འབོད་པའི་གང་དྲན་ཐོལ་བྱང་བཅས་བཅོས་མིང་པར་ཡི་གེ་བྲིས། pp. 59-

Item numbers 8-10 are from the collection of Amche Ven Lobsang Tashi from Dromo:

8 འབམ་བཙུན་འཛིན་མེད་ཚེ་བུ་ཞེས་བྱ་བ་ལྟེན་པ་བཞུགས་པའི་བཙུན་ཡང་ཟབ་སྒྲིལ་ན་མེད་པ་བཞུགས་སོ། །ཀླུ་ཡི་ཤེས་དཔལ་བཟང་དུ་འབོད་པས་སྤྲུལ་བྱས་སྤྲུལ་བྱས་སྤྲུལ་བྱས་སོ། ། pp. 123-

9 རིན་ཆེན་དངུལ་ཚུ་བཙོ་བྱ་སྐྱེལ་རིལ་བུའི་སྦྱོར་བ་དང་སྲོད་རྒྱན་ཤེས་གྱི་ལུགས་ལོལ་དུ་སྦྱངས་པ་བཞུགས་སོ། །སྒྲིལ་པ་ལོ་རྒྱུན་བཟུན་འཛིན་རྒྱ་མཚོས། pp. 145-

10 རིན་པོ་ཆེའི་སྦྱོར་བའི་གཏོ་བོ་བདུད་ཅི་བཅུད་རྒྱལ་དངུལ་ཚུ་བཙོ་བྱ་ཆེ་མེད་ལག་ལེན་སྦྱིང་པོར་རྒྱལ་བ་པན་བདེའི་གཏོར་མཛོད་ཅེས་བྱ་བ་བཞུགས་སོ། །སྒྲིལ་པ་ལོ་རྒྱུན་བཟུན་འཛིན་རྒྱ་མཚོས། pp. 153-

Item number 11 is from the collection of Amche Tenzin Chödrak:

11 སྲིད་གསུམ་གཙུག་རྒྱུ་མི་བྱ་ཚེས་གྱི་འབྲུང་གནས་གྱི་ཞལ་ལུང་དངུལ་ཚུ་བཙོ་ཆེན་དང་རིན་ཆེན་རིལ་བུའི་སྦྱོར་བྲི་རྒྱ་བ་བདུད་ཅིའི་ཐེག་ལེ་ཅེས་བྱ་བ་བཟུང་ཉ་རི། རྒྱ་དགའི་དུང་ཡིག་གྲུ་འཕེལ་གྱི་ཟིན་བྲིས། pp. 303-

Item number 12 is from the collection of the late Amche Jamyang Tashi of Tsona:

12 བདུད་ཅི་བཅུད་གྱི་རྒྱལ་པོ་དངུལ་ཚུ་བཙོ་བྱ་ཆེན་མེད་སྦྱོར་བས་བྲུབ་པའི་བཅུད་ལེན་ཏུ་བསྐྱར་བའི་ལག་ལེན་རྣམ་པར་གསལ་བ་འཚོ་བྱེད་མཁས་པའི་སྦྱིང་བཅུད་ཅེས་བྱ་བ་བཞུགས་སོ། །རིས་མེད་གྱི་དགོ་སྦྱོང་ཀླུ་དག་དབང་ཡོན་ཏན་རྒྱ་མཚོའམ། རྫོགས་མཐའ་ཡས་པའི་སྤྲིས་ཚོང་ཆེན་དེ་ཉིད་དུ་ལག་ལེན་བཞུད་པའི་སྐབས་སུ་བྲིས་པ་གཞན་ལ་པན་པར་གྱུར་ཅིག། pp. 393-441

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