

བོད་ལྷགས་གསོ་བ་རིག་པ་ལས་ཁུ་ཚན་སྒྲར་མཛོར་ཙམ་བསྟན་པ།

# Brief introduction of Hot Spring



# Nature is the source of Medicine

- According to Traditional Tibetan Medicine that the universe is actually a full of medicinal proprieties or values. Thus physician has no worry about the lacking of antidote to heal the disorders.
- The medicine Buddha mandala which we can refer to the universe and there has different medicinal substances in the different directions of the Mandala.

# In account of Five Element

- The physical body which comes by energy of five element.
- The disease within the body also comes due to five element.
- The medicine which uses are also non other than the five element.

# In Gyu-zhi (Four Tantra) Mentioned.

- At the western direction of the Mandala lies a mountain called Malaya, this mountain is endowed with energy of both solar and lunar in an equal position and has a quality to pacify all the disorders of either single, dual or combined disorders.
- The mineral of coal is the main source of Hot Spring (Chu-tsan) and it is more effective to the disorders related to Bad-kan (Phlegm).

# Five types of Hot Spring in TM

- 1) Hot spring by energy of coal and calcite which heals chronic fever.
- 2) Hot spring by energy of coal and sulphur which heals chronic cold disorders and serum disorders, due to rough and coarse it is not good to rLung.
- 3) Hot spring by energy of coal and exudate or Bithumen which heals dual and combined disorders due the equilibrium of hot and cold.

- 4) Hot spring by energy of coal, calcite and sulphur which heals single dominated cold disorders.
- 5) Hot spring by energy of coal, sulphur, exudate, calcite and realgar which heals many kinds of disorders and also very effective to the serum disorders and a mingled fever disorders.



Hot Spring for Nervous disorders

Hot spring in Tibet.



# Yan-pa-chan Hot Spring in center Tibet



Yambajan Hot Springs

# Tri-ta-pu-ri Hot spring near M. Kalaish



# Hot spring in Tibet Nga-ri region



# Hot Spring in upper part of Tibet



# Hot Spring in Bhutan



# Hot Spring in Bhutan



# Hot Spring in Nepal



# Hot Spring in Manali



# Practical view points on Hot Spring

- There have two features of healing by water.
- 1- The natural Hot spring water.
- 2-The artificial one (medicinal bath)
- In generally Hot spring is very good to treating the disorders of gout, arthritis, ligament, tendon, swelling joint, nerve disorders, paralysis, muscle, skin disorder and chronic wound as well.

# The bathing procedure

- At the beginning of bathing hot spring start with warm rather hot, then slowly day by day to have more hot degree of the water. It is important to splash little water at the chest and head region before to submerge in to the hot spring.
- Also the duration of Bathing Hot Spring start with short duration of time and lengthen the time day by days.
- *(It should be like the shape of BARLY)*
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# The best season for Hot spring bathing

- The best season for taking Hot Spring is during the Spring and end of the Autumn.
- During these season, the temperature of weather is moderate and the potentials of Hot springs are at the peak of its potencies and also more suitable to the patient's body as well.

# Precaution for bathing Hot spring

- It is important to check the patient's rLung, blood-pressure and heart beats and heart organ.
- It is also important to wear thick cloth at the moment of coming out from the Hot spring.
- To give nutritious food or food that good to balance rLung energy (wind energy)
- Also to drink hot beverages like soups.
- At the end must have massage as well.

Thank You and Tashi Delek...

