

# PREVENTION OF AGE RELATED DISEASES THROUGH APPLICATION OF GSO-BA RIG-PA WISDOM AND PRODUCTS

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## Abstract

The number of aging population is increasing worldwide and putting enormous pressure on public health system in every country. Therefore, it is of crucial importance to focus on prevention of age related disorders through various means, both from modern and ancient healing systems. An integrated approach is better than single system in dealing with not only the age related disorders, but also any health issues of all human beings

This paper will attempt to list down all the *chud.len* and their ingredients and the methods of preparation, so that the people of the world can have access to such ancient wisdom. The dietary practices and menu for healthy diet during old age as per the *gso.ba-rig.pa* system will also be included and behaviour practices as per the season and climatic conditions will be highlighted. An attempt will also be made to introduce the concept of spiritual practices of longevity through visualization of *Amitayus* or other personal deities, and recitation of long life mantras and prayers. Lastly, the process of dissolution and graceful dying as per *gso.ba-rig.pa* principles and practice will be covered as death is inevitable.

**Key words:** *gSo.ba-rig.pa*, *Chud.len*, *Amitayus*, *longevity*,

## Introduction

Aging and dying is a natural phenomenon and cannot be reversed. All forms of life end in death due to various factors like diseases, hunger, thirst, accidents and injuries. However, there are methods of leading a healthy old age life and even prolong the life through application of ancient wisdom from *gso.ba-rig.pa*. According to *gso.ba-rig.pa*, there are number of products collectively known as *chdd.ulen* that can be developed and used for promoting health and healthy aging. *Chud.len* can also be used as aphrodisiac as well as to increase stamina during old age. The other methods of prolonging life are through dietary practices and behavior change or adaptation according to seasons and climatic conditions. The ultimate method for prolonging life is spiritual practice of chanting mantras called *tshe.drup*, the heart essence of Buddha *Amitayus* (the emanation of longevity).

## Principles of gSo.ba-rig.pa

According to the principles of *gso.ba-rig.pa*, old age is a natural phenomenon occurring right from the time of birth. From birth till the age of 16 is considered as child, from 16 – 70 as adult and above 70 years is considered as old in *gso.ba-rig.pa*. The inherent essences of the five cosmophysical elements, which constitute the formation of both mental and physical basis of human beings, wear out due to regular metabolic and physiological functions. As the age advances, the power of digestion diminishes, failing to replenish the internal elements. This leads to loss of body weight, advent of wrinkles, unstable joints, loss of eye sight, loss of hearing and so forth.

The human body is a network of myriad channels and meridians through which the subtle energy known as *rlung* flows. The *rlung* is responsible for all the activities of the body and it is interface between the mind and the body. *rlung* and the channels gradually diminish both in terms of number and efficiency. People of advanced age are considered to be *rlung* biotype and usually suffer from *rlung* disorders like giddiness, loss of eye sight, absent mindfulness, itching of the skin and noisy ringing ears. Other common diseases of the old age are cough, backache, joint pain, gout, arthritis, rheumatism and shortness of breath.

*Gso.ba-rig.pa* propounds multitude of rejuvenation therapies to counteract not only the symptoms of old age but also the process. A rejuvenation therapy constitutes external therapies as well as internal medications and supplements. External therapy includes *sku-nye* (massage), a perfect antidote for *rlung* disorders, heated oil cauterization, physical rest and so on. Tonic preparation for internal consumption includes natural formulations like anti aging, antioxidant, immune boosting, aphrodisiacs, mood elevator, detox and many others. *rGyud-zhi*, the most comprehensive and authoritative treatise on *gso.ba-rig.pa* explains the long term as well as short-term observance while taking these rejuvenation therapies.

## Chud.len

According to *gso.ba-rig.pa*, the primary cause of aging process is transformation of the primordial elements and the secondary cause is passing of the years, physical exhaustions and mental stress. The *chud-len* or elixir helps to combat both internal and external signs of aging such as mental and physical stress. It acts as energy booster and supports the body's energies. It is especially effective as an aphrodisiac and contributes to healthy aging and long life.

If we use the *Chud-len* in appropriate manner, many of the old age diseases can be prevented and can live a fulfilling life up to 100 years.

The specific benefits of *Chud-len* are:

- a) Live long life
- b) Take long time to age
- c) Healthy skin texture of the body
- d) Vitalize body energies
- e) Clear sensory organs like eyes and ears
- f) Promotes mental clarity

- g) Helps in intelligence
- h) Improve voice quality
- i) Increase sperm production

In order to derive greater effect of the *Chud-len*, it is important to use it in a quiet and peaceful environment free of contamination from sickness and death. The following conditions are particularly recommended:

- a) Clean place
- b) Calm and quiet place
- c) Soft sound of water flowing
- d) Places with sweet smelling flower and trees
- e) Areas with gentle breeze
- f) Place with the sweet chirping of the birds

Some contra indications for *Chud-len* are:

- a) Very old and cannot do anything
- b) Very chronic illness
- c) Prolonged exposure to sun and fire
- d) Pregnant women
- e) Mental depression
- f) Intake of sour or fermented foods

### **Preliminary Requirements for using *Chud-len***

According to *gso-ba rig-pa*, before taking any medicines it is important to find out the appropriate and auspicious date and time. It is even more important to follow such advice while taking *Chud-len* for deriving ultimate benefits. Before taking any *Chud-len*, one must take rice porridge made up of oils, butter and animal fats to warm up the stomach. After that, the medicine consisting of *terminalia chebula*, *chu-nyung*, *embilica officinalis*, *rock salt*, *piper longam*, *Acorus calamus*, *Roscoea capitata*, *Turmeric*, *Symplocus ramosissima*, sugar and red cows's urine. This pill should be taken 2 – 3 times for washing the stomach.

There are different types of *Chud-len* depending on the types of conditions and diseases.

#### **1) sGog-chai Chud-len**

For diseases aggravated by the *rlung* which is very common in old age – *sGog-chai Chud-len* is recommended. The method of preparation and use is as follows:

- a) Peel of the outer covering of garlic and add to clean alcohol
- b) Keep it overnight
- c) Add *till mar* (butter milk) and whey
- d) Take early in the morning on empty stomach
- e) After that, take milk, butter and soup made up of meat such as chicken, yak, sheep etc.

Or alternatively, boil the garlic and make it into a paste and add butter. Put this paste into clean alcohol and keep it in the airtight container for 21 days. Take one spoon every morning on empty stomach for 21 days. People with *rlung* disorders will feel better and it will also prolong the life.

## 2) Drag-shun Chud-len

Drag-shun is recommended for hot diseases aggravated by *mkhris-pa*. Out of five types of drag-shun, mineral pitch containing iron is the best for this formulation. The other minerals like gold, silver, brass and iron must be burnt in a tight container in a furnace. The ash from these minerals is mixed with drag-shun and can be taken in the morning on empty stomach with milk.

Or alternatively, according to one's own diseases and conditions, mix drag-shun with other medicines and keep it in iron container for 7 weeks and take it appropriately. In the first week, take one tea spoons every morning on empty stomach. In the second and third week, take two tea spoons and in the fourth week, take 3 tea spoons every day. While taking *Chud-len*, one should avoid eating meat of any kinds of birds. If one can follow this regime strictly, there is no disease in this world which cannot be pacified and cured. It will also prolong our life span.

## 3) Tsi-tra kai Chud.len

Mix the powder of Tsi-tra-ka, honey and butter properly and use it with any food or drinks that are beneficial for individuals' good health as per the disease condition. If it is used regularly for about a month, the digestive heat will increase and as a result the body will become stronger. Moreover, it will pacify all types of cold diseases and can prolong life span of the individuals.

## 4) Dre-bu sum-gi Chud-len

The powder of three fruits of *Terminalia chebula*, *Terminalia belerica*, *Embilica officinalis* can be mixed with butter. It can be consumed daily to improve overall health and delay the aging process. This is particularly useful for eye sight and other sensory organs. It will pacify all types of chronic diseases.

## 5) Tsi-shi dang-mai nga-jor

This compound is good for all types of diseases and is considered as the most important chudlen of all. *Tsi-shi gna-jor* means 4 resins and 5 extracts. The tsi-shi (4 resins) consists of fruit of *juniperus squamata*, *Rhododendron Anthopogon*, *lug-tsey* and *Tanacetum nubegenum*. The five extracts are drag-shun from soil, sulfur from rocks, sugar from tree, honey from flowers and dri-mar from grass.

The benefit of taking *tsi-shi gna-jor* are pacifying nine causes of death, complete physical health of the body and improved skin texture and glow. One will feel like 16 years old and the stamina will be like mountain lions, the strength will be like an elephant, the physical outlook will be like peacock and can run like a racing horse.

## **The Methods of Preparation:**

There are 2 types of preparation: one is major methods and another is minor methods.

### **Major Method:**

Put 1 kg of sulphur in 6 litres of water and bring to boil. Stir gently till the water becomes about 1 litre. Throw out the impurities if any, before adding 4 resins and drag-shun. When the decoction is reduced to about 20 ml, add milk and butter. The main purpose of cooking is to let water dissolve into milk and milk into butter to become a medicinal butter. Then add sugar and honey. Mix properly and make into pills. One pill can be taken on empty stomach on every day starting with the waxing moon. i.e. first day of the lunar calendar. Mild form of physical activities is also advised while taking the pill.

### **Minor Method:**

Burn the sulphur in fire till it becomes red and place it in clean water. Then it should be dried properly and grind it to make powder. Then add milk and butter and bring to boil. Add drag-shun and 4 resins plus sugar and honey and again bring to boil. It can be stored in a clean container and take one teaspoonful every morning on empty stomach.

## **Other Chud.lens**

Besides these main *chud-lens*, there are many other formulations used as chud-lens to promote health and longevity. Some of the common ones are:

1. Gaypa-Sowai chudlen or elixir of rejuvenation
2. Tobmen chudlen Gyatsho or health tonic
3. Chongchen chudlen or body energizer

### **Gaypa Sowai Chud.len**

This chud-len supports the whole body in boosting energy and help to slow down the collective signs of aging. It is available in powder form and can be taken in the morning on empty stomach starting from the first day of the waxing moon. A gentle physical exercise is recommended while taking this chud-len

The main ingredients are: *Terminalia chebula*, *Terminalia belerica*, *Embilica officinalis*, *Juniperus sp.*, *Rhododendron sp*, *Artemesia sp*, *Polygonatus cirrhifolium*, *Withania somifera*, *Asparagus racemosus*, *Tribulus terrestris*, *Glycyrhiza glabra*, *Cordycep sinensis*, *Vitis vinifera*, *Phonex datylefera*, Mineral exudates, Ginseng, Calcite, Honey, Molasses, Butter, Milk, Sugar

### **Tob.men Chud.len Gyatsho**

It is a health tonic that supports vitality of the body. It helps to deal with stress and promotes an overall sense of well being for both body and mind. For those suffering from excess tiredness and

fatigue, this boosting tonic can help to restore energy levels and strengthen the immune system. The loss of vitality according to *gso-ba rig-pa* is due to lack of kidney heat, and this *chud-len* is especially effective in maintaining the kidney heat. This rich energy source contributes to a long and healthy life, strengthening the body and promoting a clear functioning of the senses.

The main ingredients are: *Calotitum*, *Glycyrrhiza glabra*, *White sugar*, *Piper longum*, *Asparagus adscendens*, *Elettaria cardomomum*, *Oryza sativam*, *Syzygium aromaticum*, *Withania somnifera*, *Carthamus tinctorus*, *Embilica officinalis*

### **Chongchen Chud.len**

It is an energizer and vital nourishment for the body and is particularly effective for those suffering from prolonged illness, lack of appetite and respiratory problems. It is also beneficial in regaining vital mental and physical health and strengthens the activities of the chest, heart and sexual organs.

The main ingredients are: *Cinnamomum zeylanicum*, *Elettaria cardamomum*, *Tanacetum sp.*, *Piper longum*, *Vitis vinifera*, *Phonix dactylefera*, *Honey*, *Oryza Sativam*, *Glycyrrhiza glabra*, *Sugar*

### **Cordyplus**

Cordyplus is a unique combination of six exotic herbs. This formulation has been used for thousands of years to restore strength and rejuvenate the functioning of the internal organs to promote good health, well being and long life. It is particularly recommended for improving overall health of the people who experience general weakness and fatigue, improving kidney and liver functions, and increasing skin and hair radiance

The main ingredients are: *Cordyceps sinensis*, *Polygonatum verticillatum*, *Asparagus racemosus*, *Rhododendron anthopogon*, *Withania somnifera* and *Dactylorhiza hatagirea*.

### **Dietary Advice**

The balanced diet containing essential nutrients is an important source of preventing diseases and maintaining good health both physically and mentally throughout life. Proper intake of food and drinks sustains the vital life force. However, if we consume too little or in excess and if the food and drinks are unwholesome, then the diseases are caused. Therefore, a wise person should be well acquainted with appropriate recipes of food and drinks. The unwholesome food taken untimely will work like a poison

The capacity of the stomach should be divided into four parts. Two parts of it are to be filled with food, one part with drinks, and the fourth part should be kept vacant for the movement of *rlung*. If the food is taken in appropriate quantity, then it sustains life and promotes the power of digestion. Drinking water during the intake of food helps in the maintenance of health.

Different types of fats such as butter, ghee, oil, and bonemarrow are useful for old people, infants, weak persons, emaciated persons, persons having dryness and emaciation of the body. Out of the different types of fat, butter is cooling and aphrodisiac. It promotes complexion and strength and cures fever caused by mkhris.pa. Bone marrow alleviates rlung disorders and it promotes semen and strength.

The benefits of person using different types of fats are:

- internal heat (the power of digestion and metabolism) remains stimulated; kosta (viscera in the abdomen and chest) gets cleansed;
- tissues get nourished immediately;
- get endowed with physical strength, complexion and ojas (vital essence); sense organ become strong;
- process of aging get arrested; and
- lives for one hundred years

The ghee (freshly prepared by boiling butter) causes sharp intellect and clear memory. It promotes the power of digestion, strength and longevity. It is excellent among the unctuous substances (fats) and it provides benefits in thousand ways.

The Goji Berry is credited for lengthening life expectancy and having a powerful antioxidant effect. It can be consumed naturally after drying it in the sunshine or make a tea out of it.

### **Seasonal Behaviour**

In the early spring which is around Feb. and Mar, the phlegmatic symptoms manifest in the body due to the onset of heat. So one should regulate the diet and behaviour to keep the body and mind balanced. Every day, some physical exercise to remove the excess of Phlegm and fat is recommended. Stay in shadow garden, and avoid the direct sunlight to reduce the accumulation of Phlegm and its symptoms and to keep the body and humors balanced. Avoid staying in cold, foggy, damp, or humid places.

During this season, it is important to eat food that tastes bitter, hot and astringent. One should avoid excessive consumption of sweet, salty food and drinks. The vegetables should be well cooked and spiced with ginger, cinnamon, curcuma, curry, black cardamom, etc. A glass of well-boiled water every morning before breakfast helps clean the Phlegm. Ginger tea helps even better for cleaning Phlegm and reducing its disorders. It also improves the energy circulation and prevents from cold and flu.

The late spring which is around April and May is very hot and the weather becomes dry and light. The strong heat of the sun deprives the body of its strength and the quality of the food and body. The wind humor will accumulate in this season if the diet is not appropriate. So avoid food that is salty, pungent and sour taste. Some milk tea, light black or green tea, lemon tea, fresh water and fruit juices are advisable. One should take cold baths, stay in cool and fresh places with cool breeze and use cooling perfumes, use thin cotton cloths, etc. Avoid staying too long under the

sun, near the heater, taking long sunbaths, saunas, having heavy physical exercise, sleeping during day or under the sun, etc.

Due to roughness created by shorter nights in the early summer, the body loses its strength and complexion and has an increase in rlung. In such cases, one should sleep a little in the afternoon. Those who are alcoholic, physically weak and tired, mentally grieved, aged and easily frightened should also sleep a little in the daytime. This cures rlung imbalances, improves strength, oiliness and heaviness in the body.

The body strength and sperms develop rapidly in winter and one can indulge in excessive sexual pleasures. The body strength in autumn and spring is medium so one should indulge in sex after every two days. During the rainy season and in early summer, one should indulge in sex after every fifteen days. If one engages in sex other than the days recommended one will suffer from unclear perception of sensory organs, dizziness and other unbearable illnesses that causes uncertain demise.

One should thus remember the consequence of untimely sex and avoid it accordingly. Aged people who suffer from *rLung* and *mKhris.pa* disorder or both must avoid such unwholesome life styles. Bathing with flowing cold water in autumn boosts sexual energy, strength and maintains the internal-external heat of the body. It also lengthens life span, clears complexion and is a good remedy against itching, foul smell (due to sweat), and lethargy, thirst and excess body heat.

### **Massage with Oil**

Regular application of oil (massage) on the body yields numerous benefits such as:

- \* Protects oneself from the disorders of old age
- \* Subdues old age, lengthens life span
- \* Induces proper sleep
- \* Clears sensory perceptions
- \* Softens the skin
- \* Increases body strength and
- \* Cures rlung disorder and tiredness.

### **Long Life Prayer**

If one visualizes the image of Buddha Amitayus, the emanation Longevity and chant/recite the long life mantra with immense devotion, one can prolong the life span and ultimately achieve enlightenment in future lifetimes. The long life mantra is of two types: one longer version and one shorter version. One can recite either version, depending on the availability of time.





### Longer Version Mantra:

OM NAMO BHAGA WATE, APA RAMITA AYUR  
 JANA SUBINI, TSITA TEZO RAZAYA, TATHA  
 GHATAYA, AR HATEY SAM YAKA SAM  
 BUDDHAYA, TAYATHA OM PUNEY PUNEY  
 MAHA PUNEY, APA RAMITA PUNEY, APA  
 RAMITA PUNEY JANA SAMBA ROPA TSITEY,

OM SARVA SAM KARA PAREY SHUDHA DHRAMA TEY, GAGANA SAMIT GATEY  
 SOBAWA BISHU DEY, MAHA NAYA PARI WARI SOWAHA

ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥  
 ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥  
 ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥ ॐ नमो भगवते वासुदेवाय ॥

### Shorter Version Mantra:

OM AMA RANI ZIWEN TEYE SOWAHA

This mantra can be recited any time of the day and may be repeated many times with utmost devotion to receive its true blessing.

### Process of Dying and Dissolution

Human beings face two causes of death: untimely death and death due to the exhaustion of their natural life span. Untimely death can be averted through the methods taught for prolonging life. However, when the cause of death is the exhaustion of the natural life span, we are like a lamp which has run out of oil. There is no way of averting death by cheating it; we have to get ready to go.

Our whole existence is determined by the elements: earth, water, fire, air and space. Through them our body is formed and sustained, and when they dissolve, we die. The potential and quality of these five elements also exist within our mind. Mind's ability to serve as the ground for all existence is the quality of earth; its continuity and adaptability is water; its clarity and capacity to perceive is fire; its continuous movement is air; and its unlimited emptiness is space.

The outer dissolution is when the senses and elements dissolve. When the earth dissolves, our body begins to lose all its strength and we are drained of any energy. We feel as though we are falling, sinking underground or being crushed by a great weight. We feel uncomfortable in any position. As the aggregate form is dissolving, we become weak and frail; our mind is agitated and delirious. These are signs that the earth element is withdrawing into the water element.

When the water element dissolves, we begin to lose control of our bodily fluids. Our nose begins to run and dribble and there can be discharge from the eyes and feel dry in their socket. Our mind

becomes hazy, frustrated, irritable and nervous. When the fire element dissolves, our mouth and nose dries up completely. Our mind swings alternately between clarity and confusion; we cannot remember and recognize anything.

When the air element dissolves, it becomes harder and harder to breathe. Our mind becomes bewildered, unaware of the outside world and our last feeling of contact with outside environment is slipping away. We begin to hallucinate and have visions. If we have committed lot of sin, we may see terrifying forms and if we have done good deeds, we may experience blissful and heavenly visions. Our inhalation continues to be more shallow and exhalation longer. At this point, the blood gathers and enters the channel of life in the centre of heart. Three drops of blood collect one after the other, causing three long final exhalation and suddenly our breathing ceases.

Traditionally the position generally recommended when dying is to lie down on the right side to facilitate a person's recognition of the luminosity when it dawns at death. It will help the consciousness to leave the body through aperture at the crown of the head.

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