

Press release on *Tsothel*¹ in Sowa-Rigpa (Tibetan Medicine)

Sowa-Rigpa, the Tibetan system of Medicine, since 100 of years back has identified mercury (Hg) as the king of poisons, having the potential to take life. It has been clearly mentioned that if mercury (Hg) enters human body without neutralization, it can take life from a bigger point of view and from a smaller point of view it can harm our body through depleting body strength, lowering metabolism, giving rise to severe pain and so on.

Such poison laden mercury (Hg) when properly neutralized using authentic neutralization processes that has been passed down through consecutive scholars of Tibetan Medicine, it is termed as *Tsothel*. When *Tsothel* compounded with other herbo-minerals is administered, it can strengthen life and enhance functioning of bodily constituents in a healthy person, clear the sensory organs like the eyes, mobilize the neurological and circulatory channels of the body, delay aging by preventing grey hair and wrinkle and thereby act as a supreme rejuvenating agent. It can protect the body by combating harmful effect of the cosmic and naga influence. When it supplements other medicines, it can immediately treat those diseases which cannot be cured by their antidotes. *Tsothel* is especially effective against diseases caused by compounded poison and food poison. Thus, as taught by profound former scholars of Tibetan Medicine, *Tsothel* containing Rinchen Drangjor Chenmo, Rinchen Ratna Samphel, Rinchen Mangjor Chenmo and Rinchen Tsotru Dashel are used by innumerable people for hundreds of years and this itself is a great proof in determining that *Tsothel* immensely helped the body instead of harming it.

Likewise, research studies on *Tsothel* undertaken by Men-Tsee-Khang in collaboration with other scientific institutes for many years have shown encouraging results which is good news as well as a prideful moment for all. Mercury (Hg) neutralization in the pharmaceutical practice of Sowa-Rigpa is a highly skill-demanding and a rare practice which is hard to acquire. The process of *Tsothel* practice takes many months and is regarded as an extremely complex synthesizing process. It goes through following processes like 1. Impurity Removal 2. Impurity cleansing 3. Eradicating heavy (*Lci*), sharp (*'bigs*) and adhesive (*rtsi*) properties by boiling processes 4. transformation of form (from liquid to solid) by introducing counterpart and through addition of organo-metalic compounds and herbo-minerals (*lcags brgyad khams brgyad*). Such complex procedure has come into being some hundreds of years back before the emergence of modern science and this can be logically understood as initiated by a profound being who has knowledge of reality. That's why it might take some time for the unbiased and liberal scientists to entirely understand the reality.

The statistical report of the recent research on the exposure of methylmercury (MeHg) and its burden in Tibet due to use of mercury (Hg) in Traditional Tibetan Medicine published by Environmental Science and Technology, seems totally unrealistic to accept. If based on the report, Tibetans seem to intake more mercury (Hg) than food and the toxic effect would have caused the extinction of all the inhabitants of Tibet. If such toxic content is real then it could have been caused by extensive mining in Tibetan plateau, illegal draining of industrial waste into the sewage system, dumping of nuclear and electronic waste and weapon testing in Tibet. Since the production of *Tsothel* containing Traditional Tibetan Medicine is less than 0.5% in a total production of 1000 different Tibetan medicines and that too is *Tsothel* that is properly neutralized through authentic processes and procedures and there is no any possibility of such a compound being toxic. We welcome any scientists who are willing to do further research on the subject.

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Central Council of Tibetan Medicine

ⁱ *Tsothel* literary means boiled powder, a powder obtained through a series of boiling processes, which is a neutralizing process of Mercury (Hg), thus converting it into powder form.