

Tibetan medicinal formulas used to treat neuropsychiatric disorders

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Introduction: Men-Tsee-Khang in Dharamsala, India, formally known as the Tibetan Medical and Astrological Institute (TMAI), is dedicated to the teachings and practice of Tibetan medicine, which uses therapeutic agents in multi-ingredient formulas. **Aim of the study:** The aim of the present study was to identify formulas used at Men-Tsee-Khang for the treatment of neuropsychiatric disorders and to compare the Tibetan usage of particular ingredients with pharmacological data from the scientific database. **Methods:** Using ethnographic techniques and methods, five physicians were selected, and the interviews were conducted between July 2010 and February 2011. **Results:** A correlation was observed between central nervous system disorders and *rLung*, one of the three humors in Tibetan medicine, and 10 formulas used to treat the imbalance of this particular humor were identified. These formulas utilize 61 ingredients, including salts, animal products and plants. The 48 plant species identified in these formulas are traditionally used in Tibetan medicine and are deposited at the Men-Tsee-Khang Herbarium. Each formula treats several symptoms related to *rLung* imbalance, so the plants may have therapeutic uses distinct from those of the formulas in which they are included. Data from the scientific literature indicate that all of the formulas include ingredients with neuropsychiatric action and corroborate the therapeutic use of 75,6% of the plants. **Conclusion:** These findings indicate a level of congruence between the therapeutic uses of particular plant species in Tibetan and Western medicines.

Key-words: Tibetan Medicine. Neuropsychiatric Disorders. Traditional Formulas.