

MINISTRY OF EDUCATION, CULTURE, SCIENCE AND SPORTS OF
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MONGOLIAN NATIONAL UNIVERSITY OF MEDICAL SCIENCES

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LEKI WANGCHUK

**ORIGIN AND HISTORY OF THREE HUMORS IN THE FOUR MEDICAL
TANTRAS**

E 09170101 Traditional Medicine

Thesis for Master's Degree in Medical Sciences

Ulaanbaatar
2019

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INTERNATIONAL SCHOOL OF MONGOLIAN MEDICINE

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ТОВЧ ХУРААНГУЙ

Түлхүүр үг: Монголын уламжлалт анагаах ухаан, хий, шар, бадганы гарал үүсэл.

АНАГААХ УХААНЫ ДӨРВӨН ҮНДЭС ДЭХ ХИЙ, ШАР, БАДГАНЫ ГАРАЛ ҮҮСЛИЙН ТУХАЙ

Үндэслэл:

Хий, шар, бадганы гарал үүсэл нь тодорхой биш байдаг. Дэлхийн олон улс орнуудын хий, шар, бадганы тухай мэдлэг нь мэдлэгийн харилцан солилцоог бий болгож, харилцан адилгүй системүүдийн тухай ойлголтыг дээшлүүлж, улмаар олон орны судлаачдын хамтарсан ажлууд нь уламжлалт анагаах ухаан тэр дундаа онолын судалгааг ахисан түвшинд хүргэх, нэгдмэл нэг байдлыг бий болгоход чухал хувь нэмрийг оруулна. Тиймээс бид Анагаах ухааны дөрвөн үндэс дэх хий, шар, бадганы гарал үүслийг тогтоох нь чухал асуудал хэмээн үзэж, судлахыг зорилоо.

Зорилго:

Судалгааны ажлын зорилго нь Анагаах ухааны дөрвөн үндэс дэх хий, шар, бадганы гарал үүсэл, түүхийг тогтоох юм. Зорилт нь Анагаах ухааны дөрвөн үндсийн зохиогчийг тогтоох, гурван махбодын таван махбодтой уялдах уялдаа холбоог тогтоох, сурвалжууд дахь гурван махбодын мөн чанарыг харьцуулах замаар шалтгааныг тодорхойлох байв.

Хэрэглэгдэхүүн ба аргазүй:

Тус судалгаа нь болоод өнгөрсөн үйл явдлуудыг шинжлэн дүгнэж, ирээдүйн тухай таамаглал дэвшүүлэх түүхийн чанарын судалгаа юм. Судалгаанд сурвалж судлалын арга, харьцуулах арга, тоочих арга, нэгтгэн дүгнэж задлан шинжлэх аргуудыг тус тус ашигласан.

Үр дүн:

Бурхан багш Анагаах ухааны дөрвөн үндсийг Аюурведийн анагаах ухаанд үндэслэн номлосон бөгөөд хожим нь Ютог Ёндонгомбо бүтээсэн.

Гурван махбод ба таван махбодын уялдаа холбоо нь Аюурведийн анагаах ухаанд суурилсан бөгөөд хүнийг макро ертөнцөд орших бүх зүйлийн тусгал болсон бичил ертөнц хэмээн үздэг. Өөрөөр хэлбэл, дэлхий юунаас бүтсэн яг түүнтэй ижил

зүйлээс хүн өөр харьцаа, хослолоор бүтдэг байна. Таван махбод нэг нь нөгөөтэйгээ нэгдэх замаар гурван махбодыг үүсгэдэг байна.

Гурван махбодын гарал үүслийг харьцуулж үзэхэд үндсэн шалтгаан нь мунхаг байна.

Дүгнэлт:

Анагаах ухааны дөрвөн үндэс нь Бурхан багшийн жинхэнэ сургааль номлол бөгөөд Падмасамбхава VIII зуунд Вайрочанагаар орчуулуулж, XI зуунд Ютог Ёндонгомбо туурвиж дуусгасан байдаг.

Таван амхбод нь таван танматрагаас үүсэл гарвалтай. Эдгээр нь хатуу, шингэн, цацарсан, хий, огторгуй гэсэн бодисын таван төлөв бөгөөд ертөнц дээрх аливаа бодисын нягт, мөн түүнчлэн сэтгэл зүрхний сэтгэц-сэтгэлийн хөдөлгөөний түвшнийг илэрхийлнэ. Мөн эдгээр таван махбод нь гурван махбодыг үүсгэнэ.

Гурван махбодын гарал үүслийг харилцан адилгүй судар номуудад хэрхэн авч үзсэнийг мөн чанараар нь харьцуулж үзбэл ижил төстэй байна. Гурван махбодын шалтгаан нь уур, мунхаг, тачаангуй гурав болно. Эдгээр нь мунхгаас үүдэлтэй. Энэхүү ойлголтыг Аюурведийн анагаах ухаанд мөн ижилав үздэг бөгөөд зөвхөн нэршил, хэллэгийн хувьд ялгаатай байна.

SUMMARY

Key words: Mongolian Traditional Medicine, Origin of Wind, Bile and Phlegm.

ORIGIN AND HISTORY OF THREE HUMORS IN THE FOUR MEDICAL TANTRAS

Background:

The origin of the wind, bile, and phlegm does not clearly exist. The knowledge of the wind, bile, and phlegm from different countries would bring about interchange of knowledge and increase the understanding of different systems, and this can ultimately contribute to integration and advancement of Traditional Medicine particularly the unique theory research when accompanied by collaborative work of researchers from different countries. Therefore, we considered that the origin of the wind, bile, and phlegm in the Four Medical Tantras is the most critical issues. So we decided to make our version on the origin of it.

The aim of the Study is to clarify the origin and history of the three humors based on the four Medical Tantras. The objectives of the Study are to clarify the author of the four Medical Tantras, to identify the connection between three humors theory and panch mahabhutas and to determine the nature of three humors by comparing with different sources.

Materials and Methods:

It is a qualitative historical research which involves examining past events to draw conclusion and make predictions about the future. In the research were used source-study method, the comparative method, check listing method and method of analysis and synthesis.

Results:

As a result, four Medical Tantras was preached by Buddha based on Ayurveda and later created by Yuthok Yonten Gonpo.

The connection between three humors theory and panch mahabhutas based on Ayurveda. One of the basic tenets is that human is a microcosm of the very world that inhabits. This implies explicitly that whatever human is made up of, the world too is made up of those same elements with different combinations and degrees. The five elements combine with each other to form the three humors Wind, Bile and Phlegm.

The origin of three humors by comparison, the basic causes of three humors is unawareness.

Conclusions:

We believe that the Four Medical Tantras to be the authentic teachings of the Medicine Buddha. In the eighth century the Four Medical Tantras was translated and offered to Padmasambhava by Vairocana and concealed in Samye monastery. In the eleventh century it was rediscovered and in the following century it was in the hands of Yuthok Yonten Gonpo who completed the four Medical Tantras.

The five great elements originate from Pancha Tanmatras. These elements are the five states of matter: solid, liquid, radiant, gaseous, and ethereal. They represent the potential densities of any substance in the universe, as well as psycho-emotional states of mind and heart. The five elements then combine to create the three different basic types of humors.

The origin of the three humors by comparing the nature of three humors with different sources is almost same. It is about humor's nature like causes of humors, types of humors, functions of humors. The basic causes of three humors are desire, anger, and ignorance. These defilements are originated from unawareness. The concept is same as Ayurveda. Due to the differences in language, terminologies are different.

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2. རྩེ་སྤེད་སངས་རྒྱལ་རྒྱ་མཚོ། (1653-1705) གསོ་བ་རིག་བའི་བརྟན་བཅོས་སྤེན་པའི་དགོངས་རྒྱུད་རྒྱུད་བཞིའི་གསལ་བྱེད་བཞུགས་སོ། (sDesi Sangyé rGyatso, 1653–1705, *Blue Beryl*)
3. ཟུར་མཁར་སློ་གྲོས་རྒྱལ་པོ། (འབྲུངས་དུས་སྤེལ་1509) བདུད་ཅི་སྒྲིང་པོ་ཡན་ལག་བརྒྱད་པ་གསང་བ་མན་ངག་གི་རྒྱུད་ཀྱི་ཚིག་དོན་ཕྱིན་ཅི་མ་ལག་པར་འགྲེལ་བ་མེས་པོའི་ཞལ་ལུང་ཞེས་བྱ་བ་བཞུགས་སོ། (Zurkhar Lodroe rGyalpo, DoB- 1509, *Maepoi Zhel Luung*)
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