This book introduces 31 categories of Tibetan Medicine, including the medicinal materials and patents including their names, nature and flavor, channels entered, actions and indications with vivid and interesting illustrations of the Thangka, medicinal materials, and their folk tales, history, legends and paintings.

Sgro Dkar Skyabs, native to Tibet, is an associate-professor and practitioner of Tibetan medicine who holds a master’s degree in Tibetan Medicine. Under the supervision of many senior Tibetan medical specialists, he studied all of the Tibetan medical classics, including Rgyud Bzhi (The Four Medical Mantras), Shel Gong Shel Phreng (Crystal Materia Medica), Sman Dpyad Zla Ba’i Rgyal Po (The Medical Investigations of the Lunar King) and many others. He has engaged in clinical practice and scientific research for over 20 years, developing his own original viewpoint and accumulating rich experience in the treatment of gastrointestinal diseases and diabetes.