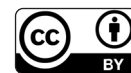


IMAGES IN TRADITIONAL MEDICINE



Chen-Zig-Tag-Ngu – *Miranthès pseudopallida* (Engl. & Irmsh.)



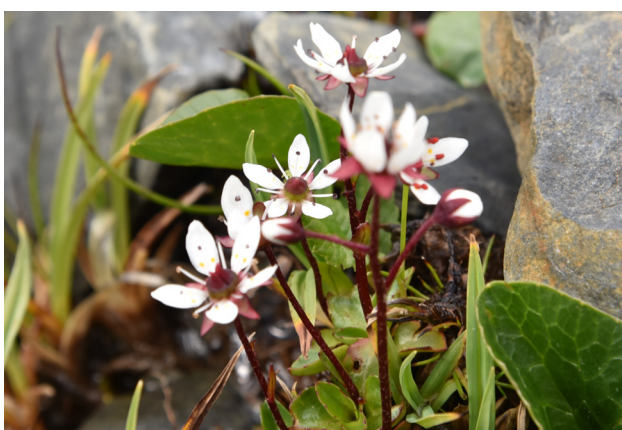
Jamyang Yeshi Dorji¹

In *Sowa-Rigpa*, there are four types of *Tag-Ngu*, each distinguished by the colour of its flowers. The yellow flower is known as *Jamyang-Tag-Ngu* (འཇམ་ཡང་རྒྱུང་མ་རྟག་ཅི), the white flower as *Chenzig-Tag-Ngu* (ཇམ་གྱི་རྟག་མ་རྟག་ཅི), the blue flower as *Chador-Tag-Ngu* (ཕྱག་རྩོད་རྟག་ཅི), and the red flower as *Tandin-Tag-Ngu* (རྟ་མགྲིན་རྟག་ཅི). The term “*Tag-Ngu*” translates to “crying every day” in a Buddhist context. Despite their numerous medicinal properties, the small size of these plants often leads people to overlook them, resulting in missed opportunities for their therapeutic use. As a result, it is believed that the plants “cry” daily for the healing potential they are not utilized for [1].

Of the four, the stem of the *Chenzig-Tag-Ngu*, *Miranthès pseudopallida* (Engl. & Irmsh.) as shown in the Figure, measures 4 – 10 cm in height. The calyx is reddish, measuring 6 – 8 mm, while the petals are white ranging 6 – 10 mm in length and 3 – 5 mm in width. The styles and the ovary are reddish brown.

It grows approximately around 3950 – 4570 metres above sea level and grows along the alpine streams and open rocky banks, flowering from June to August. This plant is found in the northern regions of upper Mochu (Yale La and Lingzhi) and upper Kholong Chu (Mela) as well as in Sikkim [2]. The taste and post digestive taste of the plant are sweet, and has the cool, oily, and smooth potency. All the parts of the plants are used in the medicine [1].

All *Tag-Ngus* are beneficial for disorders related to blood and bile (*Thripa*) and are regarded as some of the best plants for promoting health and longevity. The Menjong Sorig Pharmaceuticals, a state-owned producer of traditional medicines, currently collects *Jamyang Tag-Ngu* for use in medicine called *Duetsi-6* [1].



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Chenzig-Tag-Ngu, *Miranthès pseudopallida* (Engl. & Irmsh.) at 4500 metres above sea level, in Neylala, Lingzhi Dungkhag, Thimphu in August, 2024 (see description in the text). Photo by Jamyang Yeshi Dorji

Declarations

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Not applicable

Consent for publication

Not applicable

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