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Origin and Development of the Classic Mongolian Medicine Formula "Nuan Gong Qi Wei Pill"



Abstract: - The Nuan Gong Qi Wei Pill (NGQW) is a classic prescription that holds a significant position and is widely used by several generations of Mongolian physicians, especially in the traditional treatment of the "He Yi" disease in gynecologic conditions. Varying perspectives exist among Mongolian medical practitioners regarding its origin, making it crucial to explore its historical evolution, identify the formula's source, and analyze the inheritance and development of this classic prescription and ancient literature. A literature review was conducted to trace the origin and clinical application evolution of NGQW, examining its dosages, formulations, and administration methods. Based on the literature reviewed, the NGQW was initially documented in the "Yan Fang Bai Pian" (ᠶ᠋ᠠᠨᠪᠠᠭᠪᠠᠢᠯᠠᠭ, nyam yig brgya rtsa) authored by Gongman Gongjuepengda, compiled during 1550-1577. It was written at least 120 years earlier than the present account. It consists of seven ingredients—cardamom (*Amomum kravanh* pierre ex Cagnep, ལུག་ཟླེག་, sug smel), clove (*Eugenia caryophyllata* Thunb, ལི་ཤི, li shi), agilawood (*Aquiria agallocha* Roxb, ཨ་ཀ་རུ, a ka ru), *Myristica fragrans* Houtt (ᠳᠵᠠᠲི, dzva ti), Solomon's seal (*Polygonatum sibiricum* delar ex Redoute, ར་མཉེ, ra mnye), asparagus cochinchinensis (*Asparaguscochinchinensis*Lour. Merr, ཉེ་ཤིང་, nye shing), and conic gymnadenia tuber (*Gymnadeniaconopsea*R.Br, དབང་ལག, dbang lag)—it primarily addresses "He Yi" disease. Commonly treating gynecological blood stasis. While the specific dosage was unrecorded, the prescription's composition and therapeutic functions have endured through various Mongolian medical practitioners' clinical applications. The formulation and dosages are specific and distinct, Specifically, 300 g of cardamom, 50 g each of clove, agilawood, *Myristica fragrans* Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber. Among the ingredients in the NGQW formulation, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber require pre-processing before use. Nowadays, leading to two developed forms: pill and powder, with the pill being the more widely used form. Dosage range among 2-3 g (10 pills equals to 2 grams), 1-2 times a day, to be taken with warm water. After more than 400 years, the NGQW maintains widespread utilization in treating heart and kidney "He Yi" disease, commonly treating gynecological blood stasis, just like waist pain, cold abdominal pain, irregular menstruation, excessive leukorrhea, dysmenorrhea, female infertility ailments within Mongolian medicine. Its definitive therapeutic efficacy and distinctive ethnic characteristics render it a valuable asset for the development of Mongolian traditional medicine culture.

Keywords: Mongolian Medicine, Nuan Gong Qi Wei Pill, Origin, "He Yi" Disease, Gynecological Disease.

I. INTRODUCTION

Mongolian medicine has an extensive and profound cultural legacy entrenched in a longstanding tradition. Across the extensive journey of life practices, particularly in clinical practice, the accumulated experiences and transmitted knowledge hold immense value in nurturing the national spirit and perpetuating cultural heritage. Ancient traditional Mongolian medical formulas, have been extensively used and proven effective, exhibit distinctive characteristics and advantages as documented in classical Chinese medical texts [1]. These formulas represent a pivotal facet of Mongolian medicine, thereby underscoring the paramount importance of safeguarding, inheriting, and advancing these formulations.

The NGQW comprises seven Mongolian medicinal ingredients, including cardamom (*Amomum kravanh* pierre ex Cagnep, ལུག་ཟླེག་, sug smel), clove (*Eugenia caryophyllata* Thunb, ལི་ཤི, li shi), agilawood (*Aquiria agallocha* Roxb, ཨ་ཀ་རུ, a ka ru), *Myristica fragrans* Houtt (ᠳᠵᠠᠲི, dzva ti), Solomon's seal (*Polygonatum sibiricum* delar ex Redoute, ར་མཉེ, ra mnye), asparagus cochinchinensis (*Asparaguscochinchinensis*Lour.Merr, ཉེ་ཤིང་, nye shing), and conic gymnadenia tuber (*Gymnadeniaconopsea*R.Br, དབང་ལག, dbang lag). Successive generations of Mongolian medical practitioners have utilized the ingredients and formulations in treating gynecological diseases. Presently, conflicting accounts regarding the origins of this prescription persist in relevant literature. Hence, this study aimed to explore the source authentication, measurement, formulation, and methods of administration of NGQW.

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II. SUBJECTS AND METHODS

A. Source Verification

1) *Record of the NGQW in Ancient Mongolian Medical Classics:* As for the first record of "NGQW" in the research of "Zhe Dui Ning Nuo Er" (ཇེས་བུས་སྟེང་ནོར་, gces btus snying nor) [2], this prescription was first documented in "Lan Ta Bu" (མན་ངག་ལྷན་ཐབས།, man ngag lhan thabs) [3] for the treatment of female reproductive dysfunction. The NGQW consists of seven medicinal ingredients—cardamom, clove, agilawood, Myristica fragrans Houtt (རྩྭ་དྲི, dzva ti), Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber—it was primarily utilized to address "Hei Yi" disease. Some scholars [4-5] suggest its origin might trace back to "Guan Zhe Zhi Xi" (མཐོང་བ་དགའ་བྱེད།, mthong ba dgav byed) [6]. Given these differing perspectives, a study has collated the references to the Mongolian medicine "NGQW" found in commonly referenced Mongolian medical classics, as depicted in Table 1.

Table 1: Records of the NGQW in Mongolian Medical Classics

Written Time	Source	Prescription Name	Composition and Dosage	Therapeutic Functions	Administration Method
1681	Lan Ta Bu མན་ངག་ལྷན་ཐབས། man ngag lhan thabs	སུག་སྨེ་སྨྱན་གོར། suk smel skyin gor	Equal portion of clove, agilawood, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber; 6 portions of cardamom	Treatment of gynecological "He Yi" blood stasis	-
1682	Yi Xue Jue Qiao Mi Ji [7] ལུ་མུའི་དཀྱིལ་འཁོར་ gdams ngag bkav rkya ma	སུ་མུའི་དཀྱིལ་འཁོར་ su mui dkyil vkhor	The same as that of Lan Ta Bu	The same as that of Lan Ta Bu	-
1751-1785	Gan Lu Si Bu [8] བདུད་རྩི་བཞི། bdud tsi bzhi	སུག་སྨེ་སྨྱན་གོར། suk smel skyin gor	The same as that of Lan Ta Bu	The same as that of Lan Ta Bu	-
1829	Mi Jue Fang Hai [9] མན་ངག་རིན་ཆེན་འབྲུང་གནས། man ngag rin chen vbyung gnas	སུ་མུའི་དཀྱིལ་འཁོར་ su mui dkyil vkhor	Equal portion of clove, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber, Red sandalwood (Pterocarpus indicus willd); 6 portions of cardamom	Excellent effects in treating lower body "He Yi" disease	Taken with alcohol
1888	Guan Zhe Zhi Xi མཐོང་བ་དགའ་བྱེད། mthong ba dgav byed	སུག་སྨེ་སྨྱན་གོར། suk smel skyin gor	5 Qian of portion of clove, agilawood, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, conic gymnadenia tuber; 3 Liang of cardamom	Treatment of gynecological "He Yi" blood stasis	-
1838-1899	Annotated Mi Zong Fang Hai [10] མན་ངག་རིན་ཆེན་འབྲུང་གནས་ ཀྱི་རིན་ཆེན་ཐུགས་ man ngag rin chen vbyung gnas kyi rin chen lde mig	སུ་མུའི་དཀྱིལ་འཁོར་ su mui dkyil vkhor	Equal portion of clove, Juniper leaf (Juniperus rigida sieb.et Zucc, ལུག་ཅེར་, shug tsher) , Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber; 6 portions of cardamom	The same as that of Mi Jue Fang Hai	Taken with alcohol
The first half of the 19th century	Selected Mongolian Medicine ^[11] ཇེས་བུས་སྟེང་ནོར་ gces btus snying nor	སུག་སྨེ་སྨྱན་གོར། suk smel skyin gor	Corresponding to Yi Xue jue Qiao Mi Ji	The same as that of Lan Ta Bu	-

The formula appears in various medical classics such as "Lan Ta Bu." In this book, the prescription is named "སུག་སྨེ་སྨྱན་གོར།" (སུག་སྨེ་སྨྱན་གོར་, suk smel skyin gor), consisting of equal portion of clove, agilawood, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber, with cardamom accounting for six portions. Its primary application is in treating gynecological "He Yi" blood stasis. Similarly, in "Yi Xue Jue Qiao Mi Ji," the prescription is named "སུ་མུའི་དཀྱིལ་འཁོར་" (སུ་མུའི་དཀྱིལ་འཁོར་, su mui dkyil vkhor), with the same formulation and therapeutic function as "Lan Ta Bu." Consistency in prescription name, formulation, and therapeutic function is also observed in "Gan Lu Si Bu" when compared with "Lan Ta Bu." Furthermore, in the first chapter of "Mi Jue

Fang Hai" concerning the treatment of He Yi disease", the fifth part records the prescription named “ ལུ་མུ་དཀིལ་བཀོར། ” (su mui dkyil vkhor), consisting of equal parts of clove, *Myristica fragrans* Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber, and Red sandalwood (*Pterocarpus indicus* Willd, ཅན་དན་དམར་པོ།, tsan dan dmar po), with cardamom comprising six parts. This formula effectively treats “He Yi” disease, particularly lower body “He Yi” disease, demonstrating significant efficacy. However, the inclusion of Red sandalwood in this formula differs from the formula documented in other classics. In “Annotated Mi Zong Fang Hai” the prescription named “ ལུ་མུ་དཀིལ་བཀོར། ” (su mui dkyil vkhor), comprising equal portions of clove, Juniper leaf (*Juniperus rigida* sieb.et Zucc, ཤུག་ཅེར།, shug tsher), *Myristica fragrans* Houtt, Solomon's seal, asparagus cochinchinensis, conic gymnadenia tuber, and six portions of cardamom, is used to treat visceral “He Yi” diseases. Its therapeutic function aligns with that recorded in Mi Jue Fang Hai, and the use of Juniper leaf in this formula differs from that documented in other records.

Upon examining the prescription names, it is evident that despite varying Mongolian translations such as “ ལུ་མུ་དཀིལ་བཀོར། ” “ ལུ་མུ་དཀིལ་བཀོར། ” they all convey the same meaning, signifying “rising yang, tonifying stomach fire, and mild warmth.” “ ལུ་མུ་དཀིལ་བཀོར། ”, Su Mui” denotes “cardamom.”

Analyzing the formula's composition as indicated in “Mi Jue Fang Hai” and “Mi Zong Fang Hai,” “agilawood” was respectively substituted by “Red sandalwood” and “Juniper leaf,” aligning with current clinical practices of utilizing alternative ingredients.

The formulation is primarily used to treat “He Yi” disease, with better efficacy being observed in addressing “gynecological He Yi blood stasis.”

The exact dosages of the single-ingredient medications in the formulation are not specified. Only “Liang” and “Qian” are mentioned as units of measurement in “Guan Zhe Zhi Xi.”

Regarding administration, the literature primarily advocates administering the pill with strong alcohol. However, current clinical practices involve administration with warm water or specific medicinal decoctions, which vary based on different conditions.

2) *Record of NGQW in “Yan Fang Bai Pian” by Gongman Gongjuepengda*: The documentation of NGQW can be traced back to the initial chapter of “Yan Fang Bai Pian”[12] authored by Gongman Gongjuepengda (གོང་མཁན་དཀོན་མཆོག་འཕམ་དཔ།, gong sman dkon chhog vphan dar). This particular chapter, titled “The treatment of He Yi disease,” outlines a pill called “ ལུ་མུ་དཀིལ་བཀོར། ”, Su Mi Dkyil Vkhör,” made from cardamom, clove, agilawood, *Myristica fragrans* Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber. The administration of this powder involves the use of strong alcohol. It represents a comprehensive medication for treating “He Yi” disease, showing optimal efficacy in treating lower body “He Yi.”

a) *Author's Profile*: Gongman Gongjuepengda, born on the 17th day of the first month in 1511 CE in Dingri Kemaqiong (ཐུང་རྒྱལ་མང་ཁྱེང་།) in Shigatse, Tibet, was the author. His father was Quejijianzan (ཆོས་ཀྱི་རྒྱལ་མཚན།, chos kyi rgyal mtshan), and his mother was Jiezun queqionsangmu (རྩེ་བུ་ཆོས་རྒྱུ་བཟང་མོ།, job tsun chos skyong bzang mo). He received medical training from his uncle, Gongman Gongjuede (གོང་མཁན་དཀོན་མཆོག་བདེ་ལགས།, gong sman dkon cog bde legs). After years of dedicated effort, he mastered medical theory, the Medicine Buddha's ritual offering, the practice of the Goddess of the Pulse, and the subjugation practice of the Dharma Protector. Serving as a health care provider in Sengezi District (སེང་ཇུ་རྫོང་གི་རྩེ་བཀོད།, sde srid seng ge rtse ba), he promoted Buddhism, aided sentient beings, and mentored numerous disciples. Among his medical writings are “Gen Ben Xu Zhu Shi Ming Jian,” (བསྐྱེད་དོན་རྩེ་བཀོད་ལ་འགྲེལ་པ་མེ་ལོང་མཐོང་གསལ།, bsdus don rtse baai rgyud la vgrel pa me long mthong gsal), “Yi Xue Ji Yi” (གསལ་ལོ་དཀོན་པ་དོན་བསྐྱེད།, gso rik dgos pa don bsdus), “Explanations of Fifty-Seven Flavors and Their Properties” (རོ་སྒྲེབ་ལྔ་བརྒྱ་རྩེ་བཀོད་ལ་འགྲེལ་པ།, ro sdeb lnga dcu rtse ba don la vgrel pa), “Shi Xu Qu Ti Bu Wei Zhu Shi” (བཤད་རྒྱུ་ལུ་ཀྱི་གནས་ལུ་འགྲེལ་པ།, bshad rgyud lus kyi gnas lugs la vgrel pa), “Essentials of Mercury Refinement” (རིན་ཆེན་དངུལ་ཆུ་འོ་སྒྲོལ་ཆོ་དོན་བསྐྱེད།, rin chen dngul chui skor tsho don bsdus), “Catalog of Precious Pills: Strings of Pearls” (རིན་ཆེན་རིལ་བུ་རྒྱུ་ཆུ་ཀྱི་ཕྱོག་པོ།, rin chen ril bui dkar chag mu tig phreng ba), and “Yan Fang Bai Pian.” His extensive writing, mentorship, and compassionate actions made him a prominent figure in the Tibetan medicine community, renowned across the snowy plateau [13]. He passed away on July 15, 1577, at the age of 66 years, falling victim to treachery.

b) *Content Summary of “Yan Fang Bai Pian”*: Also referred to as “Jing Yan Bai Tiao” and “Mi Jue Zhen Bao Man,” the book compiled the oral secrets and essence of his uncle, Gongman Gongjuede—the transmitted secrets and teachings from the Gongman family lineage. It formed the “Various Secret Booklets” (འཕྲུལ་བུ།, beu bum).

compiled during 1550-1577 [14]. The original is a handwritten copy in cursive script, with 6 lines per page and 21 characters per line, totaling 421 pages. It is included in Volumes 42 and 43 of the "Encyclopedia of Tibetan Medicine." This book amalgamates mysterious medical secrets with personal clinical experiences, primarily focusing on the treatment—internal, external, and mantra-based—for 59 common and difficult diseases, integrating various mystical instructions. Its innovative methods have gained recognition from medical professionals. Throughout his life, he nurtured 430 relatively famous students and disciples, who became the mainstay of the field.

Based on currently verified classics, the earliest record of NGQW can be found in Gongman Gongjuepengda's "Yan Fang Bai Pian."

B. Modern Clinical Application of Mongolian Medicine NGQW

With the rapid development of Mongolian medicine, specific standards for the preparation and dosage of NGQW have been established. Medical practitioners have developed diverse clinical experiences and medication methods, consolidating representative records from classical texts, as outlined in Table 2.

The comprehensive details regarding the clinical application of "NGQW," documented in the Collection of Chinese and Mongolian Proven formula, stand out. Within the segment addressing various postpartum ailments, a prescription named " *ᠰᠤ᠋ᠮᠡᠯᠤᠰᠢᠶᠢᠨᠭᠣᠷ* ," (*ᠰᠤ᠋ᠮᠡᠯᠤᠰᠢᠶᠢᠨᠭᠣᠷ*, suk smel skyin gor), includes 3 Liang of amomum fruit, 1 Liang of conic gymnadenia tuber, asparagus cochinchinensis, Aquilaria sinensis Gilg, common clove, Myristica fragrans Houtt, Bletilla striata, 3 Qian of deer antler, 2 Fen of musk. The focus lies on initially adjusting the spleen and stomach functions to enhance medication absorption, followed by regulating Qi and blood circulation. Its clinical versatility allows for the selection of different herbal decoctions based on specific symptoms. For example, combinations such as Radix bupleuri, Skullcap made from wine, Corydalis rhizoma, Persicae semen, Pinellia, rehmannia, Ginseng, and Licorice can be administered after boiling to address postpartum abdominal distension and pain. Similarly, Astragali radix, and tangerine peel can be used for symptoms such as poor appetite, lethargy, and dizziness after boiling. Symptoms such as night sweats can be treated with ingredients such as Trionycis carapax, Lycii cortex, Ostreae concha, Rhizoma coptidis, and paeonia after boiling.

With the development of standardized Mongolian medicine preparations, standards like "Inner Mongolia Mongolian Medicine Standards" (1984), "Inner Mongolia Mongolian Medicine Standards" (1988), "Pharmacopoeia of the People's Republic of China - Mongolian Medicine" (1988), "Inner Mongolia Mongolian Medicine Preparations Specification" (2007 and 2014) have been introduced, encompassing NGQW. As a nationally registered standard preparation, the description of NGQW in the "Pharmacopoeia of the People's Republic of China - Mongolian Medicine Volume" [19] (referred to as "the Standard" hereafter) indicates its functionalities, such as regulating menstruation and blood nourishment, warming the uterus, dispelling cold, relieving pain, and its application for heart and kidney "Hei Yi" disease, waist pain due to Qi disturbance, cold abdominal pain, irregular menstruation, excessive leukorrhea. "NGQW," known as "Suk Smel Le-7" or "Suk Smel Skyin Gor," is characterized by its brownish water pills, fragrant aroma, and a taste combining spiciness and sweetness. It comprises seven Mongolian herbs, namely white cardamom (300 g), Solomon's seal (50 g), asparagus cochinchinensis (50 g), Myristica fragrans Houtt (50 g), clove (50 g), agilawood (50 g), and conic gymnadenia tuber (50 g), all ground into fine powder and formed into pills with water. Its primary functions involve regulating menstruation, nourishing blood, and warming the uterus to alleviate excessive leukorrhea. Its applications span heart and kidney "Hei Yi" disease, waist pain due to Qi disturbance, cold abdominal pain, irregular menstruation, excessive leukorrhea, dysmenorrhea, female infertility, and other conditions. The recommended oral dosage is 11-15 pills (1.5-3 g) at a time, taken 1-2 times daily with warm water.

1) *Clear Dosage:* Tables 1 and 2 do not detail specific dosages found in commonly used Mongolian medical classics. The precise measurement units such as "Liang," "Qian," "Fen," and grams emerged only in modern times. However, prescription dosages have varied across different periods. Presently, adhering to the "Standard" aligns with ancient texts, where "1 portion" equals 50 g.

2) *Formulation and Administration Method:* Mongolian Medicine NGQW has different records for powdered and pill forms. Currently, pills are the predominantly used form of the medicine, with the dosage ranging from 11 to 15 pills depending on the disease severity. The primary route of administration is through the oral route, that is, taking the pills with warm water.

3) *Processing of Single Herbs:* Among the ingredients in the NGQW formulation, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber require pre-processing before use. According to "Processing of Tibetan Medicine," (*ལག་ལེན་གཅིག་བསྟུན་ཀླན་གསལ་སྒྲུང་མཛོད།*, lag len gces bsdus kun gsal snang mdzod) conic gymnadenia tuber

should be cleaned with cold water immediately after harvesting to remove soil, after which the tuber should be cooked until the juice is almost absorbed, a process that enhances its efficacy (nourishing). Subsequently, the cooked product is either dried or boiled in milk that is four times its weight and then dried. The pre-processing method for Solomon's seal is similar to that of conic gymnadenia tuber. The asparagus cochinchinensis is processed by removal of roots and skin, followed by boiling in milk and drying [20]. These traditional processing methods are consistently used.

Table 2: Modern Clinical Application Records of Mongolian Medicine NGQW

Year	Source	Composition and Dosage	Main Functions	Dosage Form	Quantity	Administration
1960	Collection of Chinese and Mongolian Proven formula [15]	3 Liang of amomum fruit, 1 Liang of conic gymnadenia tuber, asparagus cochinchinensis, Aquilaria sinensis Gilg, common clove, Myristica fragrans Houtt, Bletilla striata each, 3 Qian of deer antler, 2 Fen of musk	Treatment of various postpartum ailments	Zhu Sha Pill	1 Qian	Taken with warm water or wine
1986	Mongolian Medicine Formulas [16]	190 g of cardamom, 30 g of conic gymnadenia tuber, agilawood, clove, Myristica fragrans Houtt, Bletilla striata, Solomon's seal each, 9 g of pilose antler, 0.6 g of musk	Regulating Qi and nourishing blood, aiding Yang and warming essence. Treating liver cold and Yin Qi stagnation, Qi stagnation leading to menstrual blood clotting, menstrual blood with foam, irregular menstruation (regulating Qi and warming kidney)	—	—	—
1999	Clinical Mongolian Medicine [17]	3.2 g of clove, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, conic gymnadenia tuber each, 16 g of agilawood, 150 g of cardamom	Gynecological Hei Yi stasis	Powder	1.5-3 g	Taken with warm water
2013	Clinical Notes of Mongolian Medicine [18]	5 Qian clove, agilawood, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, conic gymnadenia tuber each, 3 Liang of cardamom	—	Powder	3 g	Taken with warm water

III. CONCLUSIONS

A. Source Verification of NGQW

According to the available literature, the Mongolian Medicine NGQW was first recorded in "Yan Fang Bai Pian," compiled during 1550-1577.

B. Component and therapeutic functions of NGQW now in use

Nuan Gong Qi Wei pill comprises seven medicinal ingredients: cardamom (*Amomum kravanh* pierre ex Cagnep, ལུག་ཆེལ་, sug smel), clove (*Eugenia caryophyllata* Thunb, ལི་ཤི་, li shi), agilawood (*Aquiria agallocha* Roxb, ཨ་ཀ་རུ་, a ka ru), *Myristica fragrans* Houtt (རྩེ་ཏི་, dzva ti), Solomon's seal (*Polygonatum sibiricum* delar ex Redoute,

ར་མཉེ།, ra mnye), asparagus cochinchinensis (Asparagus cochinchinensis Lour. Merr, ཉེ་ཤིང་།, nye shing), and conic gymnadenia tuber (Gymnadenia conopsea R. Br., དབང་ལག་།, dbang lag). Primarily used to treat "He Yi" disease, it is common in the clinical treatment of gynecological "He Yi" stasis. The formulation and therapeutic functions of the ingredients remain unchanged and are presently utilized.

C. The dosage and form of NGQW

"Yan Fang Bai Pian" lacks specific details about medication composition and dosage. Through generations of clinical application by various Mongolian medical practitioners, precise ingredient dosages within the formulation have become clear. The medication is available in two forms: pill and powder, with the pill being more widely used.

IV. DISCUSSION

The principle of innovation while maintaining tradition has always guided the development of Mongolian medicine. The enduring use of classical Mongolian medical formulas in clinical practice validates their therapeutic advantages, derived from extensive practical experience.

The Mongolian Medicine NGQW first appeared in "Yan Fang Bai Pian" authored by Gongman Gongjuepengda. It consists of cardamom, clove, agilawood, Myristica fragrans Houtt (ལྷ་ཁྱི།, dzva ti), Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber. This consistency in clinical application indicates stable ingredient usage throughout its transmission and development. Table 3 presents specific details regarding its clinical application.

The formula, referred to in different classics as "ལྷ་ཁྱི" and "རྩྭ་ལྷ་ཁྱི" represents "cardamom" (in Tibetan) and "pomegranate" (in Tibetan), respectively. Discrepancies likely arose due to deviations in the transcription, repeated engraving, translation, and comparison (copying) of medical terms in different linguistic systems.

This study has several limitations. First, the study's scope of ancient literature is limited, and it should aim to incorporate more ancient texts for comprehensive screening and research. Second, it should integrate modern pharmacology and pharmacodynamics for in-depth analysis of clinical application and efficacy. This approach would provide a scientific foundation for the study and development of Mongolian Medicine NGQW.

Table 3: Information on the Ingredients in Mongolian Medicine NGQW

Basic Information		Modern Correspondence						
Source	Prescription, Preparation, and Usage	Medicinal Name	Origin and Medicinal Part	Processing	Equivalent Dosage	Dosage Form	Administration and Dosage	Main Functions
Yan Fang Bai Pian	A powder made from the Chinese herb cardamom, clove, agilawood, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber; the formulation should be taken with wine.	cardamon	Dried fruits of <i>Amomum kravanh</i> pierre ex Cagnep or <i>A. compactum soland ex maton</i> (<i>A. cardamomum</i> auct. nonl)	—	300 g of cardamom; 50 g each of clove, agilawood, Myristica fragrans Houtt, Solomon's seal, asparagus cochinchinensis, and conic gymnadenia tuber	Pill	2-3 g, 1-2 times a day; to be taken with warm water (10 pills equals to 2 grams)	Used for heart and kidney "Hei Yi" disease, waist pain caused by Qi disturbance, cold abdominal pain, irregular menstruation, excessive leukorrhea, dysmenorrhea, female infertility, etc.
		Clove	Dried flower buds of <i>Eugenia caryophyllata</i> Thunb.	—				
		Agilawood	Wood containing black resin of <i>Aquilaria agallocha</i> Roxb.	—				
		Myristica fragrans Houtt	Dried seeds of <i>Myristica fragrans</i> Houtt.	—				
		Solomon's seal	Dried rootstock of <i>Polygonatum sibiricum delar ex Redoute</i> , <i>Polygonatum cyrtoneura</i> Hua and <i>Polygonatum kingianum</i> Coll. Hemsl.	Processed with milk				
		asparagus cochinchinensis	Dried root crop of <i>Asparagus cochinchinensis</i> Lour. Merr.	Processed with milk				
		conic gymnadenia tuber	Dried rhizome of <i>Gymnadenia conopsea</i> (L.) R. Br.	Processed with milk				

ACKNOWLEDGMENT

This work was supported by (1) Inner Mongolia Natural Science Foundation. 2024QN08035; (2) Inner Mongolia Medical University Doctoral Start-up Foundation. YKD2025BSQD053; (3) "The word-class discipline" construction project of Traditional Chinese Medicine (Mongolian medicine) of Inner Mongolia Medical University. MYXYLXK 2022017; (4) Achievement transformation and cultivation project of Inner Mongolia Cultivating Center of Cooperative Innovation for Mongolian Medicine. MYYXTPY202315; (5) Mongolian Medicine Skills Experimental Diagnostics. 2025 Inner Mongolia Autonomous Region Key Discipline Project of Traditional Chinese Medicine (Mongolian Medicine)

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