



MENJONG SORIG[®]
PHARMACEUTICALS CORPORATION LTD
a **dhi** Company

Menjong Sorig

Combining the ancient art of healing with modern science



SOWA RIGPA,

the Buddhist art of healing

As one of the most ecologically diverse nations in the world, Bhutan was highly sought after by practitioners and physicians of sowa rigpa earning Bhutan the name; Land of Medicinal herbs. Patronised by kings, nobles and aristocrats, sowa rigpa flourished in Bhutan, reaching its peak during Zhabdrung Ngawang Namgyel's time.

Sowa rigpa combines knowledge of ayurveda, pre-buddhist religious traditions, and other medical systems of the time such as Chinese, Persian and European.

The Third Druk Gyalpo is responsible for mainstreaming traditional medicine in Bhutan with the establishment of the first Indigenous dispensary in 1968. Before him, seasoned and highly learned physicians of sowa rigpa served in the courts of both the first and second kings.

Today, sowa rigpa is an important aspect of Bhutan's national healthcare system.



OUR STORY

Menjong Sorig Pharmaceuticals Corporation Limited (MSPCL), a DHI owned company is the premier manufacturer of sowa rigpa based traditional medicines as well as natural herbal-based health-promoting supplements, cosmetics and nutraceuticals. The company manufactures high-quality herbal products by combining sowa rigpa with modern science and technology.

As the sole supplier of essential traditional medicines to all health centres in Bhutan, MSPCL's manufacturing facility is regulated for Good Manufacturing Practice compliance by the Bhutan Food and Drug Authority since 2003.

Our products are developed from pristine natural environment adhering to the highest environmental and ethical practices of nature conservation, equitable and sustainable utilization, and fairness in dealing with all our stakeholders.



TIMELINE



1967

Royal Decree issued by the Third Druk Gyalpo Jigme Dorji Wangchuck to institute sowa rigpa system into the national healthcare system



1998

Quality control system set up

1968

Establishment of the first Indigenous Dispensary



2009

National Institute of Traditional Medicine renamed Faculty of Traditional Medicine (FoTM) and became part of the Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB)



1979

Indigenous dispensary upgraded as Indigenous Hospital and shifted to the present site in Kawangjangsa

2012

Institute of Traditional Medicine Services upgraded to a Division

1990

Indigenous Dispensary upgraded to the Institute of Traditional Medicine Services



2013

Department of Traditional Medicine Services formed



1991

Establishment of the first modern research laboratory

2017

Pharmaceutical Research Unit renamed Menjong Sorig Pharmaceutical Corporation Limited (MSPCL) and corporatised



1994

Post harvest care center set up in Lingzhi and Langthil

2021

MSPCL becomes a DHI owned company



OUR PRODUCTS

We produce 123 Essential Traditional Medicines and around 25 varieties of health promoting supplements and wellbeing products such as Tsheringma herbal teas, Cordyceps products, Drezang incenses, Menzang OTC, and Zēphel line of handmade soaps and air spell.



In Bhutanese tradition, Tsheringma stands for longevity, good health and prosperity. Tsheringma is the source of our inspiration for range of herbal teas and health supplements intended to improve physical health and wellbeing.

Safflower & Cinnamon Tea

This longevity herbal tea was the first health supplement product to be developed at Menjong Sorig in the late 90s. This detox herbal tea is a blend of safflower and cinnamon with medicinal values to improve general wellbeing, making you strong from the inside. Historically, safflower is one of the most popularly used herbs



in traditional medicine to promote good health and detoxify the body. Cinnamon is used to maintain good liver functions, clear dampness and cold as well as to detoxify the body.

Benefits:

- Detoxes your body
- Improves liver function
- Enhances general wellbeing

Himalayan Gooseberry Tea

This tonic tea contains pure Himalayan Gooseberry fruit. The Phyllanthus emblica or Himalayan Gooseberry fruit is one of the most widely used medicinal ingredients in Asian traditional medicine. It is one of the richest sources of Vitamin C and exhibits strong



anti-oxidant activity. It is widely believed to tonify the body and increase vitality.

Benefits:

- Rich in vitamin C (antioxidant)
- Tonifies your body
- Enhances body's vitality.

Turmeric and Cinnamon Tea

This rejuvenating natural herbal tea is a blend of Turmeric (Curcuma longa) and Cinnamon (Cinnamomum zeylenicum). These two herbs are widely used since ancient times in many traditional medicine systems including Sowa Rigpa based Bhutanese Traditional Medicine system. This herbal tea has an anti-oxidant, tonic and rejuvenating properties. Many studies indicate that Turmeric has a powerful anti-oxidant, anti-inflammatory, and immune-boosting properties.



Benefits:

- Anti-oxidant
- Tonic and rejuvenating properties
- Helps alleviate mood swings.

Cordyceps Happiness Tea

Cordyceps Happiness Tea is a blend of Bhutanese wild Cordyceps flavored with Rheum australe and Polygonatum verticillatum. Packed with antioxidants

and anti-carcinogen, it delays aging process and helps replenish kidney and gastro-intestinal system.



Cordyceps sinensis and the flavoring ingredients are all sourced from the pristine mountains of Bhutan engaging yak herders and rural communities. This tea is caffeine-free and can be enjoyed all throughout the day.

CordyPLUS

CordyPLUS is made using a formula derived from ancient texts and contains unique combinations of six exotic herbs with Ophiocordyceps sinensis (summer grass, winter worm) as the lead ingredient that enhances the



tonifying and aphrodisiac properties of each ingredient. The ingredients used in this product are proven general tonics that promote health and wellbeing, believed to have aphrodisiac properties, some of which are confirmed by scientific research. This product would promote overall health in general and sexual health in particular as per the ancient texts. The Sowa Rigpa texts abound on its goodness and richness and can be classed as the gem of all

the treatments. Clad in a transparent gelatine capsule, CordyPLUS is a health promoting supplement from “Menjong” the land of Medicinal Plants.

Benefits:

- Restores your body strength & overall health
- Improves liver & kidney functions
- Boosts hormones
- Improves skin and hair radiance
- Improves general health and wellbeing

Dosage: 3 capsules a day

CordyACTIVE

Contains unique combinations of nine exotic herbs like Ophiocordyceps sinensis, Polygonatum verticillatum, Asparagus racemosus,



Rhododendron anthopogon, Mineral pitch (shilajit) as the main ingredients. The ingredients used in this product are proven general tonics that promote health and wellbeing, most of them are believed to have aphrodisiac properties. This product promotes overall health, provides extra energy and restores stamina. The ancient sowa rigpa texts abounds with the richness and goodness of cordyceps as a gem for all treatments. Other ingredients also have tonifying and rejuvenating properties.

Benefits:

- Provides extra energy
- Improves oxygenation of blood & circulation
- Improves concentration
- Improves general health and wellbeing

Dosage: 3 capsules a day

Cordyceps capsule (CordyCAPS)

Contains natural and pure Cordyceps (Ophiocordyceps sinensis) collected from the pristine meadows of Bhutan.

It has a unique odour and flavour and helps boost energy, immune system and oxygenates your

blood. Each 300 mg capsule contains 100% light to dark brown Cordyceps powder filled in transparent vegetarian cellulose capsule shell of size 'O'.



Benefits:

- Used for fatigue and exhaustion following serious illnesses.
- Enhances overall health, and improves lungs and kidney functions.
- Tonifying and aphrodisiac properties promoting spermatogenesis.
- Indicated for cough, anemia, tuberculosis, lower back pain, impotency, infertility, irregular menstruation, night sweats, and senile weakness.

Dosage: One to two capsules a day

Yungwa (Turmeric) capsule

Yungwa (Turmeric) Capsule contains only natural and pure turmeric from Bhutan, grown by local farmers and women's group. Turmeric is a traditional herb with many health benefits. The pepper in the product enhances the curcumin absorption in the body.



Benefits:

- Strong anti-oxidant
- Powerful anti-inflammatory effects
- Improves brain function & concentration

Dosage: 3 capsules a day for general health and wellbeing.

Directions for Use: Turmeric capsules can be taken with warm water or milk either on an empty stomach early in the morning or dividing doses between meals. You can also use capsules to prepare 'Golden milk'.

Shilajit (Brag zhun) extract

Shilajit is naturally produced pure herbo-mineral pitch extracted from the pristine environments of Bhutan. Long used by Sowa Rigpa practitioners, Shilajit or Brag zhun is a mineral compound that naturally occurs as blackish resins in



the high himalayan mountain rocks. It contains 40 plus useful herbo-mineral substances such as fulvic acid, humic acid, Oxygenated dibenzo-a-pyrones, Methoxy-6-Carboethoxybiphenyl, etc.

Benefits:

- Improve immune system and memory
- Stimulates and vitalizes kidney and liver functions
- Boosts energy
- Improves muscle recovery
- Treats ulcer
- Used as a source of iron.

Dosage: One drop (0.05 mL) or 500mg approximately

Directions for Use: Put one drop either in warm water or milk. For loong (wind) and rtsa dkar (white channel) related disorder and memory improvement, take at noon or mid-day. For general health and vitalization, take early in the morning.

Ginseng Honey

Each jar contains the essence of Bhutan's rich biodiversity, with bees foraging from a plethora of indigenous flora. The infusion of Ginseng not only enhances the honey's flavor but also imbues it with a blend of revitalizing properties. Ginseng, a revered adaptogen, offers a boost to cognitive func-



tions and an increase in energy levels. Ginseng complements the natural goodness of the honey, making it a luxurious addition to any wellness routine. Experience the harmonious blend of vitality and flavor with our Ginseng-Infused Honey, a true embodiment of Bhutan's commitment to quality and natural living.

Benefits:

- Natural tonic
- Boosts energy,
- Improves vitality, and immunity.

Black Turmeric Capsule

Black Turmeric capsule contains only natural and pure Black turmeric (Curcuma caesia) from Bhutan, grown by local farmers. Black Turmeric helps relieve pain, maintains bile production and improves digestion among many other health benefits.



Benefits:

- Anti-oxidant
- Anti-inflammatory
- Relieves pain
- Improves digestion

Dosage: one capsule a day for general health and wellbeing

Directions for Use: Black Turmeric capsules can be taken with warm water or milk either on an empty stomach early in the morning or between meals but not more than 400 mg in a day.



Zephel line of pristine beauty products is dedicated to cleansing the impurities and it consists of soaps, sanitizers, bath, soak and massage oils.

Five Nectar Herbal Bath Mixture (Duetse Ngalum)

It's a pain-relieving herbal bath mixture produced based on ancient Sowa Rigpa texts under the brand name Menzang - meaning Good medicine. It is a blend of 5 ingredients (Ephedra, Juniperus, Tanacetum, Rhododendron, and Myricarea).



Benefits:

- Used for post-traumatic pain
- Helpful for neurological disorder
- Relieves inflammation of joints, gout, and arthritis
- Helps treat piles and obstinate skin diseases
- Rejuvenating bath soak

Direction for Use: Put 200g bath mixture either in clean muslin cloth bag or other reusable bag such as himalayan giant nettle fibre pouch and use as a bath soak for 10 -15 minutes to soothe body

aches and pains. After using as bath soak, reuse the Nettle fibre pouch as a bath mitt by replacing the herbs with soap to mildly stimulate and ex-foliate the skin.

Tsa-juk Herbal Massage oil

It's a blend of 5 herbs infused in sesame oil for relieving body ache, joint and muscle pains. It also de-stresses, soothes and nourishes your skin. It is suitable for all skin types and is especially advantageous for healthy skin glow.



Directions for Use: Pour few drops onto your palm and apply directly onto skin and massage until absorbed.

Mind Soother

Mind Soother is a roll-on balm made with pure essential oils of nutmeg and caraway seeds. This herbal ointment does not contain any alcohol or fillers or excipients. The Mind Soother comes in 10 ml roll-on applicator to get rid of giddiness, insomnia, and localised headache.



Benefits:

- Relieves giddiness
- Helps overcome insomnia
- Treats localized headaches due to high altitude sickness.

Rhododendron Hand Sanitizer

This personal hand sanitizer is made of Rhododendron anthopogon extract/hydrosol for use after washing hands or when soap and water are not available to cleanse and sanitize your hands.

Certain percentage of proceeds from this product is shared with Medicinal Plants Community of Lingzhi in accordance with Access and Benefit Sharing framework.



Direction of use: Apply 1-2 drops and rub thoroughly to keep away those harmful germs.

Natural Soap-nut Handmade Soap

This hand-made soapnut soap is a natural substitute to chemical detergents that makes your skin glow. It is made of soap nut (sapindus rarak) fruits that contain high amount of saponins and natural surfactants. The soapnut soap not only makes your hair healthy, shiny and lustrous but also conditions and moisturizes your skin when used regularly. It is hypoallergenic to sensitive skin and also helps tackle many skin diseases such as eczema, psoriasis, etc.



Certain percentage of proceeds is shared with the Medicinal Plants Community of Namther, Trongsa in accordance with Access and Benefit Sharing framework.

Natural Turmeric Handmade Soap

This natural turmeric handmade soap nourishes your skin and prevents blackheads and acne.



Turmeric soap acts as a natural anti-bacterial agent and helps provide Vitamin E to moisturize and revitalize your skin cells to its natural healthy glow. It is also good for uneven skin pigmentation and to reduce facial hair growth. Turmeric has antibacterial, antimicrobial and antioxidant properties and is widely used in Asian traditional medicines.



This range of herbal incense products known as Drezang or good odour consists of an array of various mood enhancing aromas as well as fragrances used to invoke divine entities and sanctify a room or space.

Protecting incense sticks

Is based on ancient traditional medicine text for the appeasement of harmful spirits and protection.

Protecting incense stick was creat-

ed many centuries ago by Bhutanese traditional healers for protection and appeasement against harmful spirits. It's appealing smoke emits a wonderful aroma to your surroundings. One of the main incense ingredients, Spikenard, has been used as a luxury perfume and incense in Eastern and Western countries for at least two thousand years.

Each incense stick only contains natural ingredients and will burn for around 1 hours. (30 sticks per box).



Calming incense sticks

Creates comfortable and restful environment, also helps relieve insomnia and dizziness. Calming Incense stick is formulated from 21 medicinal and aromatic plants to provide a calming aroma. This special formula contains red and white sandalwood, which are known relaxants with a rich, sweet fragrance that is also delicate, woody and warm. Nutmeg has a long history of use to ward off illness as well as a valuable spice. Myrrh is known in aromatherapy for its soothing properties and its musky aroma.

This incense was created many centuries ago by Bhutanese traditional healers to help relieve insomnia and dizziness.



Purifying incense sticks

Burn this incense to purify and cleanse your environment for your spiritual health and well-being.

Purifying Incense stick is a combination of 12 natural ingredients including clove, nutmeg and geranium. It is formulated as per the Sowa Rigpa traditional texts that has been in use for many years. This has been manufactured with utmost care and strict compliance.

When these incense sticks are burnt, the surrounding is believed to be purified leading to a healthy environment.



Prosperity Incense Sticks

The 'Prosperity' incense stick is formulated from medicinal herbs and plants as an offering to the Buddha of wealth (Zambala). When burnt, it brings good fortune and hopes for a prosperous life. Key ingredients include sandalwood, camphor and juniper.



Incense Powder

Ceremonial or Mensang Gyatsa Gyed incense powder is made from an aromatic combination of 108 rare plants and mineral ingredients including precious metals. This legendary



formulation has been used by monks for ceremonial purposes since it was developed by Guru Padmasambhava in the 8th Century. Historically 'Ceremonial' incense was considered to be the ideal gift to take when visiting friends and colleagues.

This incense can be used for the purification of your surroundings or to simply create a soothing environment around you. Our incense powder has such a complex ancient formula that it is kept as a powder to retain its unique aromatic and spiritual properties.

Menjong Sorig Air Spell

Menjong Sorig Air Spell is the quintessence of Bhutan's natural heritage, meticulously crafted to transform your living space with the purity of nature. This premium room freshener is a symphony of traditional wisdom and modern science, featuring the invigorating essence of lemongrass essential oil, renowned for its refreshing aroma and health-promoting properties, including stress relief and improved digestion. Each 150ml bottle of Menjong Sorig Air Spell is a harmonious blend of pure lemongrass essential oil, promising a burst of freshness.





Menzang Meaning 'good medicine' is a range of pain-relieving herbal products developed from ancient Bhutanese texts under the guidance of traditional medicine practitioners. All Traditional Medicines and Over-the-counter Products are manufactured under Menzang Brand.



Traditional medicines and over-the-counter products

Menjong Sorig products are available at:

Local Markets

1. CSI Market in Thimphu, Paro & Phuntsholing
2. Sherza All Stores, Thimphu
3. 8 Eleven, Thimphu
4. Choego (DSP), Thimphu
5. Big Mart, Wangdue
6. Wogmatshang general shop, Trongsa
7. Deki General shop, Zhemgang
8. Sonam Tshongkhang, Chhukha

International Markets

1. Druksell Australia
2. STCBL Store in Bangladesh
3. Abhikhan Herbal Garden Co., Taiwan



ACCESS AND BENEFIT SHARING-

Our business approach

We believe in engaging the local communities to ensure long term survival of medicinal plant species and prevent negative impact on the environment through sustainable practices. We source more than 200 species of medicinal plants from the wild with the help of local communities, bringing direct benefits to the people who collect, grow and supply them. We partner, support and depend on the local

community groups.

The local communities engaged in plant collection live in extremely remote areas and we offer opportunities for them to generate income. In doing so, we ensure socio-economic wellbeing of these people while consciously using our natural resources. By working together with the community, we are pursuing the Gross National Happiness path.







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product catalogue

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