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ཡུལ་དབང་ལྷུག་མཐའ་འཁོར་དང་ཉམས་སྲུང་སྤེལ་ཁང་།

Ugyen Wangchuck Institute for Conservation and Environment

Report for the Ugyen Wangchuck Institute for Conservation and Environment (UWICE)

October 2016

Online diffusion of the Hot and Mineral Springs Report

Page 1

Introduction about the springs with gif (see [argis website](#))

A link “**ENTER**” at the bottom redirects to **Page 2**

Page 2

A filter allows displaying selected springs on the map

Search by...

Dzongkhag
Medicinal benefit
Time for visiting
Driving time
Walking time
Number of visitors

Sort by...

Lower to higher
Higher to lower

Below the filter bar: the general map is displayed

After a click on a specific spring, information related to this spring is displayed on Page 3

Page 3

History and/or description of the spring (! Do not give here the information about trek route, trip plan or therapeutic values!)

Page 4

Detailed map for each spring

Use the maps created for the booklet and introduce a maximum of symbols to make the map easier to understand quickly. Edit/add the following information:

Directly on the map:

- Replace “xx minutes hike” and “xx minutes drive” by the icons “hiker” and “car”
- Add icons corresponding to the available facilities (horse, mule or pony renting, camping sites, guesthouse)

In the box within the map

- Add the star icon corresponding to “Average visitors per year” and write this number
- Add the calendar icon corresponding to “Best time to visit” and write the period
- Add the medical icon corresponding to “Therapeutic values” and show the disease group with the corresponding icon

Diseases found in the report classified in groups:



Skin diseases

Dermal disease, accident wounds, fistula, anal fistula, dermatitis, wounds, leprosy



Digestive tract diseases

Stomach ailments, stomach aches, constipation, hemorrhoids, ulcers, indigestion, gastritis



Cardiovascular diseases and cancer

Diabetes, hypertension, tumors, gout, cardiac diseases.



Bones, articulations and muscles diseases

Muscle sprains, arthritis, joint pain, sinusitis, orthopedic disorders, tendons disorders, rheumatoid diseases, backaches.



Nervous system and respiratory diseases

Chronic and acute headaches, paralysis, conjunctivitis, vision defects, memory disorders, asthma.



Infectious diseases

Syphilis, tetanus, gonorrhea, chronic fever, urinary tract infections, sexually transmitted diseases, food poisoning, coughs, cold, inflamed wounds, fever, and tuberculosis.

! The following affections are too vague and cannot be classified:

Poisoning, inflammations, trauma, women after delivery complications, body aches, dizziness
DROPSY, ATROPHY, SCABIES

Below the detailed map: detailed information about each spring displayed as text.

There, the text of the booklet “Trek route and trip plan” and “Therapeutic values” is copied.

! For some springs, the texts for the sections “Trek route and trip plan” and “Therapeutic values” are not indicated by their title (e.g. Gayza Tshashu p.9 the title “Trek route and trip plan” is missing above the corresponding text, or Loyee Menchu, p.33, the title “Therapeutic values” is missing.)

Tsachus and Menchus, hot springs and mineral springs of Bhutan

Tsachus and Menchus are literally known as 'hot spring' and 'medicinal water.' The origin of hot spring and medicinal water in Bhutan is linked with the visit of Guru Rinpoche and the advent of Mahayana Buddhism in 764 AD. Tsachus and menchus are believed to be blessed by Buddha and Bodhisattvas.

For centuries, Bhutanese have been using the water to treat numerous ailments. Among other, its usage varies from treating ailments like skin diseases to chronic gout. However, each tsachu and menchu is known to have unique healing capacity. Besides therapeutic values, tsachus and menchus are also revered for its spiritual significance and are considered as sacred sites.

While some tsachus and menchus are widely used and gaining popularity, most still remains unknown to people despite its proven therapeutic values and spiritual significance. This web-application is an attempt to document the therapeutic value and spiritual significance of each tsachu and menchu of Bhutan. More importantly, it intends to provide an insight into its values and significance to each and every citizens of Bhutan.

Unlike menchus, tsachus are hot springs with rich minerals content. Tsachus are believed to be '*Duetse*', the holy water that has the power to cure all illness. There are numerous myths associated with tsachus. People revere tsachus according to its associated myths and proven therapeutic values.



[ENTER](#)

Search by...

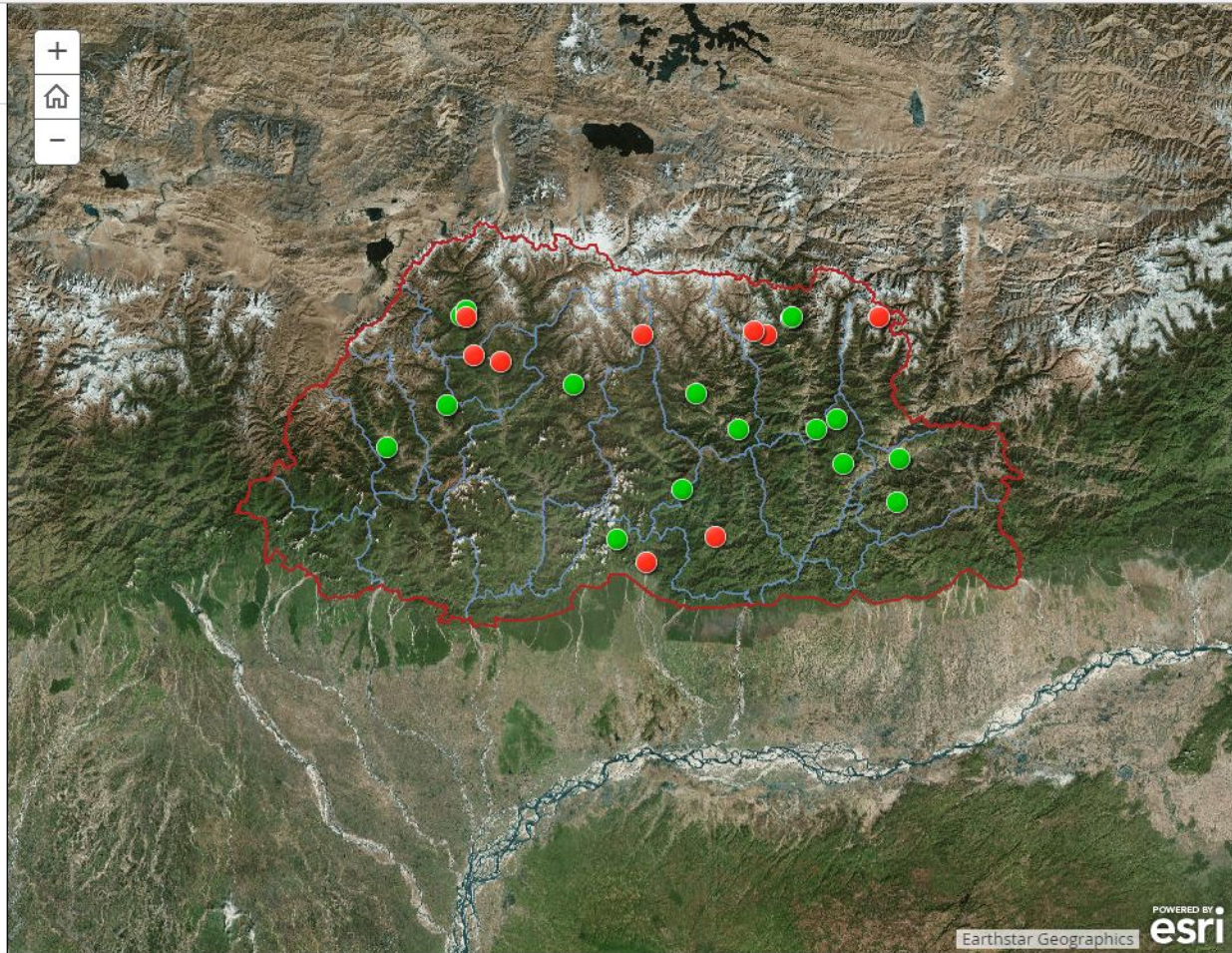
Dzongkhag

▼

Sort by...

Lower to higher

▼



CHUBOOG TSHACHU, PUNAKHA

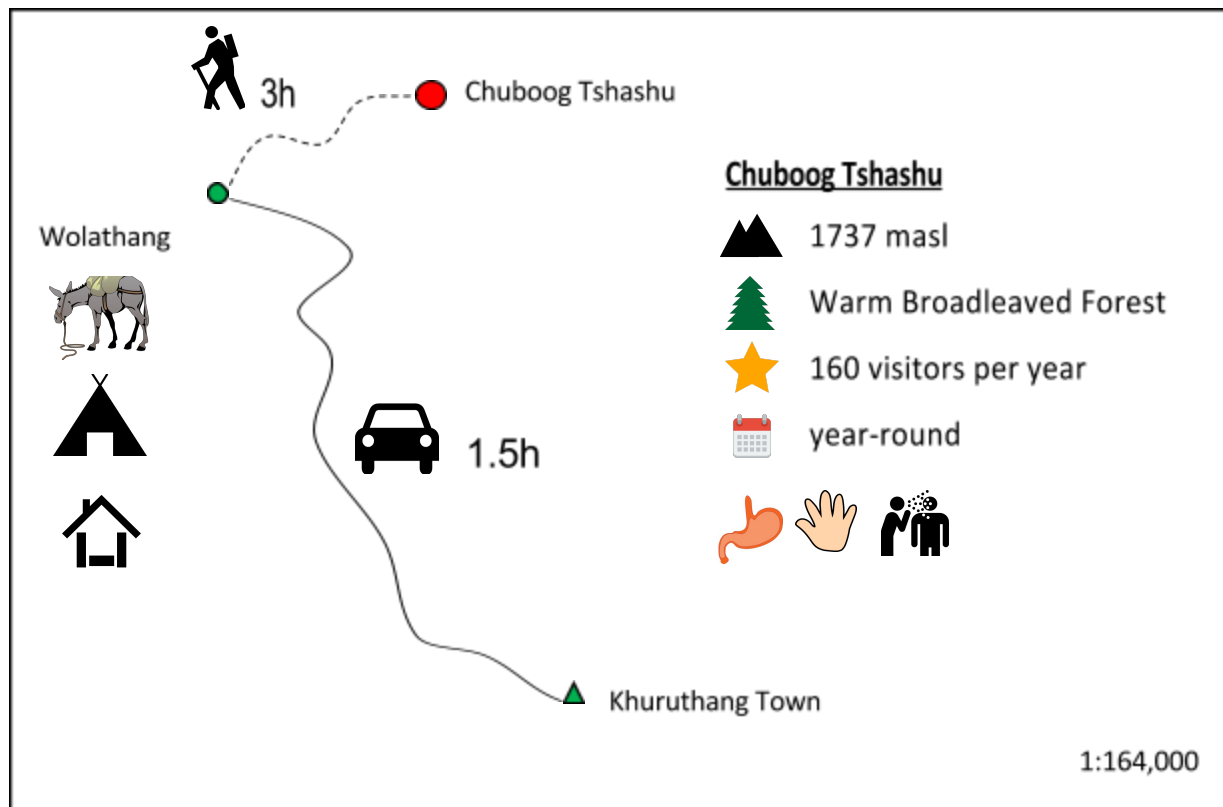
The direct translation of the name would read “water in the center” (Chu-water, Boog – Center). The name of this Tshashu probably originated from its geographical location since it is located in the center of two rivers; -the Pho chu an Mo chu.

The origin of Chuboog Tshashu remains obscure even today. According to the caretaker of the site, Mr. Namgay Wangchuk, the hot spring dates back to the time of Guru Rinpoche and is believed to have been discovered by him.

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MAP AND DETAILS



Trek route and trip plan

Located at 1737 masl, Chuboo Tshashu is more than three hours' walk from the road head in Wolathang under Toewang Geog. From there, visitors can hire horses to carry

.....
 The road and mule track are well-paved with resting places along the way.

Therapeutic values

Chuboo has two ponds. With a temperature of 39.9 degrees, the first pond..... diabetes and certain forms of tuberculosis.