

## Balm Formula (external use only)

Balm is a popular Asian medicine and a wide assortment can be found at any local market or pharmacy. Traditionally, balm is used for skin problems as well as muscle, bone, ligament sprains, strains, and pains.

### Constituents:

Vaseline	approx. 300 grams
<i>Kee peung</i>	same amount as Vaseline
Beeswax	
<i>(Naam mun) leang pa</i>	150 ml
Myanmar mountain goat (oil)	
<i>(Naam mun) gnaa</i>	150 ml
Sesame (oil)	
<i>(Naam ma) plou</i>	150 ml
Coconut (oil)	
<i>Menton</i>	7 Bhat (or approx. 100 grams)
Menthol crystals	
<i>Phim sen</i>	7 Bhat (or approx. 100 grams)
Borneo camphor crystals	
<i>Kaarabuun</i>	7 Bhat (or approx. 100 grams)
Camphor crystals	
<i>(Naam mun) ragum</i>	700 ml
Wintergreen oil	

With the exception of *(naam mun) leang pa*, the components for this formula can be purchased in most markets throughout Thailand. The *leang pa* is derived from mountain goats that live in northern Myanmar. The *(naam mun) gnaa* and *(naam mun) plou* are used in daily cooking and are readily available.



more delicate menthol, take off heat, stir well and dispense into small screw type makeup containers.

The **Balm Formula** is often adjusted for individual needs. The *ragum* or *leang pa* can be increased for muscle, tendon, ligament or bone pain, the *plou* or *gnaa* (sesame) can be increased for more skin care protection, and *salet phangphon* (cobra tongue), *waan raang chute* (purple allamanda), *phlu* (betel) , and *ta khrai hom* (lemon grass) can be added for insect bites, poisoning, or detoxification. Availability is also a factor because of the *leang pa* - an additional seventy-five ml of *plou* can be substituted when *leang pa* is not available. Using *leang pa* makes the balm hotter to the touch, which many patients find appealing.

**Note:** While balm can be used on most types of skin problems and first degree burns, it should not be used on second or third degree burns.