

# FUNDAMENTALS *of* TIBETAN MEDICINE



༡༠༥། །མཛེས་རྒྱལ་མཛེས་ཀྱི་སྐུ་ལ་ཕྱག་ལེན་ལ་མཛེས་པོ།

# Fundamentals Of Tibetan Medicine According To The Rgyudbzhi

**Patrick Vollmar**



## **Fundamentals Of Tibetan Medicine According To The RgyudbZhi:**

**Fundamentals of Tibetan Medicine** Jampa Gyaltsen Drakton, Lobsang Chomphel, 1981      **Fundamentals of Tibetan Medicine** - འཇམ་པ་རྒྱལ་མཚན་ལྷ་མོ་འཇམ་པའི་ལོ་མཆོག་ལྷ་མོ་ Dr. Lobsang Tsultrim, Dr. Tenzin Dakpa, 2017-03-23 The first edition of the Fundamentals of Tibetan Medicine published in 1981 has remained one of the most popular and widely used publications on Tibetan Medicine available in English In 1995 a second revised edition was published in response to an increasing interest in Tibetan Medicine and a greater demand for literature on the subject The need for a third revised edition was again felt and in 1996 the Director of Men Tsee Khang appointed us to expand and revise the book However due to our other Institutional responsibilities we could not begin work on the project until the summer of 1997 We are pleased to bring out this book started initially during the Directorship of Mr Tsering Tashi and completed with the encouragement of our current Director Mr Pema Dadhul Arya The support of both Directors has been invaluable In this third Edition as in the Second alterations additions and deletions have been made to material from the edition preceding it The material in Part One has been divided into four distinct chapters with the addition of an introductory section on the history of Tibetan Medicine Where new information has been added from the rGyudbZhi or its commentary Vaidurya sNgon po and the original text was too complicated or technical for the purposes of an introductory book such as this we have attempted to simplify the material without sacrificing the essential points In doing so errors or omissions may have occurred for which we take full responsibility When it seemed useful we have condensed material into tables We have updated some photos from the previous edition and also have added a pronunciation guide to Tibetan medical terms It is our sincere desire that all who read this book will benefit from it and experience good health Dr Lobsang Tsultrim Dr Tenzin Dakpa      Fundamentals of Tibetan Medicine (Fourth Edition) Dr. Tsultrim Kalsang, Dr. Rigzin Sangmo, Dr. Namdol Lhamo, Dr. Sonam Dolkar Oshoe, 2024-11-26

**PREFACE TO THE FOURTH EDITION** The Fundamentals of Tibetan Medicine is one of the most popular and widely used publications on Tibetan Medicine available in English so far This is credited to the contributions of the editorial teams of its successive editions The first edition of the Fundamentals of Tibetan Medicine was published in 1981 It has remained one of the basic learning sources of Tibetan Medicine available in English and due to an increasing interest in and demand for Tibetan Medicine and literature on the subject in 1995 a second revised edition was published In 1997 a third revised edition was published based on the existing material content and the first part of the book was divided into four chapters with the addition of an introductory section on the history of Tibetan Medicine to make it easier for the readers to understand With the growing interest demand and popularity of Tibetan Medicine all over the world the need for a fourth revised edition was felt The fifteenth Director of Men Tsee Khang Mr Tashi Tsering Phuri appointed a 4 member editorial board to revise the book because we all had our responsibilities in various Departments of Men Tsee Khang Our task was to complete the edition of the book within a scheduled time frame However because of the long hours which were needed to be spent on this

important project it took more time Finally now we are able to bring this book out with complete support from our Men Tsee Khang Director This fourth edition has more or less retained the original format but the text has been thoroughly revised to make it more concise and comprehensive It starts with the history of Tibetan Medicine followed by Introduction to rgyud bzhi Understanding of the human body the three principal energies Etiology of disease Diagnostic techniques and Therapeutic approaches etc in an orderly format New information has been added after conscientious research based on rgyud bzhi the principal text of Tibetan Medicine and other reference materials and literature such as Vaedurya ngon po the most popular commentary on rgyud bzhi We have also tried to simplify the material while retaining its original and essential points adding important updated information where necessary Some key technical terms of Tibetan Medicine have been written in Tibetan transliteration based on the THL Extended Wylie transliteration scheme to avoid dilution of the original meaning The Tibetan terms have been italicized and footnotes have been inserted wherever necessary We have updated some new colour photographs and also retained some previous photos from the original edition We have redone the previous section Guide to Pronunciation of Tibetan Medical Terms by providing transliteration for the major Tibetan terms in this edition their equivalent Tibetan Phonetics and their translation We have endeavoured and given our best efforts to make this fourth edition as trustworthy as possible however inadvertent errors may certainly have crept in for which we take sole responsibility Any useful suggestions feedback and comments on this edition to improve the quality of the book would be highly appreciated It is our sincere hope that this book will inspire and encourage readers all over the world to further deepen their understanding of the ancient Tibetan wisdom of healing May those who read it receive wider benefits to remain healthy and to provide better health for others Dr Tsultrim Kalsang Dr Rigzin Sangmo Dr Namdol Lhamo Dr Sonam Dolkar Oshoe

**ACKNOWLEDGEMENTS** We are very appreciative of and indebted to the Editors of the First edition of Fundamentals of Tibetan Medicine namely Mr Tsewang Jigme Tsarong the late Prof Darkton Jampa Gyaltsen and late Dr Lobsang Choephel for their hard work in laying down the foundations of this book on which the Second the Third and the Fourth editions are based We are also very thankful to Dr Namgyal Qusar Dr Thokmey Paljor Dr Lobsang Tsultrim Tsona and Dr Tenzin Dakpa for revising the Second and Third Editions of Fundamentals of Tibetan Medicine We would like to thank Dr Tsewang Tamdin Dr Dawa Dakpa Dr Namgyal Tenzin and Dr Mrs Dhadon Jamling for their valuable suggestions and input into the third edition and Mr Drakton Jampa Gyaltsen the late Professor of Tibetan Astro Science at Men Tsee Khang and Mr Tashi Tsering Historian at Amnye Machen Institute Dharamsala for their valuable suggestions in the history section of the third edition We also thank Mr Tsering Choedup Mrs Tsering Deckyi and Mrs Lhamo Kyizom for their technical help in the final page layout and publication and Dr Dawa for providing pictures of the Allegorical Trees for the third edition In this Fourth edition we are most thankful to the Director of Men TseeKhang Mr Tashi Tsering Phuri for his encouragement and invaluable support for this project Moreover we would earnestly like to thank the administration of Men Tsee Khang for facilitating this important

project and its successful completion Dr Tsewang Tamdin the visiting physician to His Holiness the Dalai Lama for his kind guidance and suggestions and Mr Sangyal Tendar Naga Head of the Culture and Research Department of LTWA for confirming the historical dates and events We sincerely thank Ms Kerry Wright for proofreading the entire book Our thanks also go to TASP Mr Lhawang Tsering HoD and Mrs Lhamo Kyizom Secretary of the Documentation and Publication Department of Men Tsee Khang for the page layout and publication related assistance Co Editors Dr Tsultrim Kalsang Dr Rigzin Sangmo Dr Namdol Lhamo Dr Sonam Dolkar Oshoe

**Tibetan Literature** Leonard van der Kuijp, James Burnell Robinson, Paul Harrison, 1996-01-01 Tibetan Literature addresses the immense variety of Tibet's literary heritage An introductory essay by the editors attempts to assess the overall nature of literature in Tibet and to understand some of the ways in which it may be analyzed into genres The remainder of the book contains articles by nearly thirty scholars from America Europe and Asia each of whom addresses an important genre of Tibetan literature These articles are distributed among eight major rubrics two on history and biography six on canonical and quasi canonical texts four on philosophical literature four on literature on the paths four on ritual four on literary arts four on non literary arts and sciences and two on guidebooks and reference works

*Soundings in Tibetan Medicine* International Association for Tibetan Studies. Seminar, 2007 This collection of studies on the anthropology and history of Tibetan medicine provides fascinating new insights into both dynamic developments and historical continuities in medical knowledge and practice that have been manifest in a range of traditional and contemporary Tibetan societies

Medical Literature from India, Sri Lanka, and Tibet Gerrit Jan Meulenbeld, I. Julia Leslie, 1991 All volumes of the print edition will become available in individual e books 9789004541177 volume 1 9789004541191 volume 2

**Proceedings of the Tenth Seminar of the IATS, 2003. Volume 10: Soundings in Tibetan Medicine**, 2007-10-15 In this volume for the first time Tibetan Medicine is approached from a combination of anthropology and history These two disciplines appear to be vital to come to understand Tibetan medical knowledge and practice as being complex diverse and dynamic phenomena which reflect changing social and historical conditions at the same time while also appealing to or preserving an older canon of traditions Part One examines the impacts of various modernities in Tibet the Himalayan borderlands and the Tibetan exile including standardisation and scientization of Tibetan medicine Part Two investigates the transmission and professionalisation of medical knowledge and its role in identity construction Part Three traces connections between various body images practices and cosmologies in Tibetan societies and how mental and physical illnesses are understood Part Four critically presents new or little known histories commentarial practices textual narratives and oral sources for investigating the history of Tibetan medicine

Acupuncture & Electro-therapeutics Research, 1985

**National Library of Medicine Current Catalog** National Library of Medicine (U.S.), 1983

Current Catalog National Library of Medicine (U.S.), 1983 First multi year cumulation covers six years 1965 70

**Panels of the VIIth World Sanskrit Conference**, 1991

**Twelve Examples of Illusion** Jan

Westerhoff,2010-09-15 Tibetan Buddhist writings frequently state that many of the things we perceive in the world are in fact illusory as illusory as echoes or mirages In Twelve Examples of Illusion Jan Westerhoff offers an engaging look at a dozen illusions including magic tricks dreams rainbows and reflections in a mirror showing how these phenomena can give us insight into reality For instance he offers a fascinating discussion of optical illusions such as the wheel of fire the wheel seen when a torch is swung rapidly in a circle discussing Tibetan explanations of this phenomenon as well as the findings of modern psychology and significantly clarifying the idea that most phenomena from chairs to trees are similar illusions The book uses a variety of crystal clear examples drawn from a wide variety of fields including contemporary philosophy and cognitive science as well as the history of science optics artificial intelligence geometry economics and literary theory Throughout Westerhoff makes both Buddhist philosophical ideas and the latest theories of mind and brain come alive for the general reader

**The Tibetan Art of Healing** Ian Baker,1997 Romio Shrestha Tibet s foremost traditional artist uses the age old technique of painting with rich minerals such as gold lapis and garnet to provide a beautiful re creation of revered 400 year old Tibetan thangkas on the art of healing long considered lost Tibetan scholar Ian Baker guides us through these exquisite paintings unfolding their invaluable insights to remedies for a myriad of illnesses Full color

**Aspects of Science and Technology in Ancient India** Arun Kumar Jha,Seema Sahay,2023-03-14 This book critically examines different aspects of scientific and technological development in Ancient India It studies the special contribution of the history of science in our scientific understanding and its relationship with the philosophy and sociology of science The volume Discusses diverse and wide ranging themes including Tibetan Buddhist tradition of neuro biology Sheds light on the unique developments within iron technology and urbanization in ancient Odisha Studies the trajectory of proto historic astronomy in India and the science of monsoon in early India Evaluates the legacy of Aryabhata based on his major works related to astronomy and mathematics through a multidimensional perspective Analyses the traditional knowledge of medicine in early India the golden age of surgery with reference to the ancient Greek and Arabic systems of medicine and the Buddhist influence on the science of medicine in Tibet This book will be an essential read for scholars and researchers of ancient history Indian history history of science history of technology science and technology studies and South Asian studies

**Healing Powers and Modernity** Linda H. Connor,Geoffrey Samuel,2001-02-28 What is the current state of traditional healing practices in contemporary Asian societies How are their practitioners faring in the encounter with Western science and its biomedical approach How are traditional healing practices being transformed by the politics of health within the modern nation state and by the processes of commodification typical of modern economies How do patients in Asian societies see the various healing options now open to them The authors all of whom are anthropologists observe the clashes and complementarities between traditional therapies and biomedicine which in its many manifestations is the dominant form of medicine supported by national governments and is emblematic of the modernity to which they aspire Some of the medical traditions such as the

sophisticated herbal humoral systems of Tibetan medicine and Indian Ayurveda are becoming well known in the West both through scholarly study and through their increasing popularity with Western patients interested in their healing potential. This book adds a new dimension to their study being focused unlike most previous writing on practice rather than textual tradition.

**Cancer and Consciousness** Barry Bryant, 1990

**Gompas in Traditional Tibetan Society** M. N. Rajesh, 2002

The book examines the Gompas of Tibet for their organizational aspects and their role in continuing Buddhism in Tibetan history by performing multifarious functions and institutionalizing the theory of Buddhism so that it could transcend time and space. Consulting rare manuscripts it also scrutinizes the contribution of Gompas to the study of astronomy, astrology, medicine, art, and architecture.

**Tao and Dharma** Robert Svoboda, Arnie Lade, 1995-07-31

Tao and Dharma Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical, and practical relationships.

**Medicine Across Cultures** Helaine Selin, 2006-04-11

This work deals with the medical knowledge and beliefs of cultures outside of the United States and Europe. In addition to articles surveying Islamic, Chinese, Native American, Aboriginal, Australian, Indian, Egyptian, and Tibetan medicine, the book includes essays on comparing Chinese and western medicine and religion and medicine. Each essay is well illustrated and contains an extensive bibliography.

**Médecines orientales** Jan van Alphen, Anthony Aris, Mark de Fraeye, Florène Cramant, 1998

Introduction au monde de la médecine indienne, tibétaine et chinoise. Les techniques et les pratiques sont illustrées de façon détaillée par une riche iconographie qui donne à voir : planches anatomiques, herbiers, praticiens au travail, instruments médicaux et chirurgicaux, amulettes de guérisseurs et représentations de divinités.

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