



# HEALING from the SOURCE

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THE SCIENCE AND LORE  
OF TIBETAN MEDICINE

Dr. Yeshi Dhonden

*Translated and edited by*  
B. Alan Wallace

# Healing From The Source The Science And Lore Of Tibetan Medicine

**David Kirk**



## **Healing From The Source The Science And Lore Of Tibetan Medicine:**

**Healing from the Source** Dr. Yeshe Dhondren, 2000-03-27 In this remarkable contemporary presentation of the theory and practice of Tibetan medicine Dr Yeshe Dhondren twenty years the personal physician of H H the Dalai Lama draws from over fifty years of practicing and teaching this ancient tradition of healing This volume vividly presents a series of lectures Dr Dhondren gave before a group of health care professionals at California Pacific Medical Center in San Francisco This lecture series was presented during the planning stages of a research project at the University of California San Francisco to test Dr Dhondren's medical treatment for metastatic breast cancer This research project caught the interest of NBC's Dateline which filmed an hour long documentary of it that aired in January 2000 Dr Dhondren elucidates the holistic Tibetan medical view of health and disease referring to traditional Tibetan medical sources as well as his own experiences as a doctor practicing in Tibet India and numerous countries throughout Europe and America His presentation is delightfully complemented by many anecdotes drawing from the ancient lore of popular folk medicine in Tibet For health care professionals anthropologists historians of medicine medical ethicists and the general public interested in Tibetan medicine this book is a fascinating contribution by one of the foremost practitioners of Tibetan medicine in the modern world [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 **Ultimate Healing** Thubten Zopa, 2012-01-30 We experience illness on a physical level but in order to be healed we must understand where true healing begins within our hearts and minds In Ultimate Healing internationally renowned meditation master Lama Zopa Rinpoche helps us to recognize the root of illness and gives us the tools to create our future happiness Beginning with stories of people who have recovered from disease through meditation Rinpoche addresses the central role played by karma and by the mental habit of labeling in causing illness and shows how meditation and other thought techniques for developing compassion and insight can eliminate the ultimate cause of all disease Ultimate Healing shows us that by transforming our minds especially through the development of compassion we can eliminate the ultimate cause of all disease In addition to relating stories of people who have recovered from disease through meditation Lama Zopa presents practical healing meditations including white light healing compassion meditation taking and giving and techniques to cure depression *Medicine Between Science and Religion* Vincanne Adams, Mona Schrempf, Sienna R. Craig, 2010-12-01 There is a growing interest in studies that document the relationship between science and medicine as ideas practices technologies and outcomes across cultural national geographic terrain Tibetan medicine is not only known as a scholarly medical tradition among other Asian medical systems with many centuries of technological clinical and pharmacological innovation it also survives today as a complex medical resource across many

Asian nations from India and Bhutan to Mongolia Tibet TAR and China Buryatia as well as in Western Europe and the Americas The contributions to this volume explore in equal measure the impacts of western science and biomedicine on Tibetan grounds i e among Tibetans across China the Himalaya and exile communities as well as in relation to globalized Tibetan medicine and the ways that local practices change how such science gets done and how this continually hybridized medical knowledge is transmitted and put into practice As such this volume contributes to explorations into the bi directional flows of medical knowledge and practice

**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

**A Map to Explore Traditional Tibetan Medicine (Sowa-Rigpa) Allegorical Tree of the Four Tantras [Men-Tsee-Khang-འཇམ་དཔལ་འཁོར་ལོ་མཆོག་གི་འཇམ་ལྗང་གི་འཇམ་ལྗང་]**, 2021-03-23

**PREFACE** The famous Tibetan doctor and physician to His Holiness the 13th Dalai Lama Ven Dr Khenrab Norbu 1883 1962 A D 1 in one of his compositions illustrated the First Tantra The Root Tantra in a tree form dividing the content into roots trunks branches leaves and fruits of a tree using the essential concepts of Traditional Tibetan Medicine The Four Tantras in a simple way With the aim to help his students quickly adapt to the theoretical concepts of Tibetan Medicine in a minimum time the allegorical tree featuring the gist and overview of Traditional Tibetan medicine was illustrated Darma Menrampa Lobsang Choedak 1638 1711 A D 2 reasoned out in his commentary of the Explanatory Tantra legs shes gser gyi thurma<sup>3</sup> that It has the significance of widening one s own wisdom at large and inspire and attract other fellow students to learn the methods of understanding the medical knowledge through an allegorical tree Kempa Tsewang 15th century 4 stated The root holds the foundation of the entire text the trunk summarizes the meaning of the text the branches elaborate on the particular meaning the leaves expound on the details of the meaning On them blossoms the flower of health and longevity that bears the three fruits of spiritual life prosperity and happiness Having thus been stated it has been a curriculum in Tibetan Medical Institutes such as Chakpori Medical College and Lhasa Men Tsee Khang in Tibet to memorize the allegorical text and to give oral examination of the same Manually arranging the roots trunks branches and leaves was a part of the traditional exam along with the oral examination This tradition still continues to these days in many Tibetan Medical Institutes around the world Similarly the sole reason to publish this book is to disseminate and promote the comprehensive knowledge of Traditional Tibetan Medicine Sowa Rigpa 5 in an easier and a simpler way and to benefit those non Tibetans who are keen to learn the ancient medical science but are unable to read and understand Tibetan language Hence this publication will serve as material for those seeking an English version of the Tibetan medical text Since this book on the allegorical tree of the Four Tantras is the first of its kind to be published in English I indeed hope that it will serve as a small contribution from my part towards the dissemination of our traditional healing science In this book the medical terms used are extracted from or are

uniformly based on the books The Root Tantra and The Explanatory Tantra from the Quintessential Instructions on the Eight Branches of the Ambrosia Essence Tantra and The Subsequent Tantra from the Secret Quintessential Instructions on the Eight Branches of the Ambrosia Essence Tantra translated into English by Men Tsee Khang<sup>6</sup> Priority has been given to directly translate as much Tibetan terms into English as possible but in certain cases where direct translation has been a challenge such as loong tripa baekan maevel surya etc the Tibetan terms have been written in Tibetan phonetics and italicized to avoid mistranslation The reason for keeping those terms in Tibetan phonetics is to enhance readability and provide the right pronunciation of the terms Meanings for the Tibetan phonetics that appear very often throughout the book Tibetan phonetics of medicinal compounds and the equivalent scientific terms for the Tibetan medicinal ingredients are given in the glossary section at the end of this book Equivalent transliterated terms for the phonetics have also been included The Tibetan terms whose meaning relates only to specific chapters are put as footnotes in their respective places

**A Promise Kept** Marilyn Ekdahl Ravicz PhD, Germaine Krull, 2018-10-12 A Promise Kept Memoir of Tibetans in India is a collaborative work between Germaine Krull and her friend Marilyn Ekdahl Ravicz Although a great photographer Germaine was European and wrote English poorly For this reason she entrusted her memoir manuscript to Marilyn Germaine requested that Marilyn promise to edit and rewrite it for publication so others could share her experiences As promised Marilyn offers Germaine's A Promise Kept to you Enjoy reading about his holiness Sakya Trizin his family and their lives in India Share their trials adaptations and amazing social and religious rebirth as refugee Tibetans

**Sacred Passage** Margaret Coberly, Ph.D, RN, 2003-02-11 Working as an emergency room nurse Margaret Coberly came in contact with death on a daily basis However it wasn't until her own brother was diagnosed with terminal cancer that she realized she understood very little about the emotional and spiritual aspects of caring for the terminally ill To fill this gap she turned to the unique wisdom on death and dying found in Tibetan Buddhism In this book Coberly offers sound practical advice on meeting the essential needs of the dying integrating stories from her long career in nursing with useful insights from the Tibetan Buddhist teachings In the West death is viewed as a tragic and horrible event Coberly shows us how this view generates fear and denial which harm the dying by adding unnecessary loneliness confusion and mental anguish to the dying process Tibetan Buddhism focuses on the nature of death and how to face it with honesty openness and courage In this view death is not a failure but a natural part of life that if properly understood and appreciated can offer the dying and their loved ones an opportunity to gain valuable insight and wisdom Coberly argues that the Tibetan Buddhist outlook can be a useful antidote to the culture of fear and denial that surrounds death in the West and can help caregivers become more fully present fearless honest and compassionate Sacred Passage highlights two very practical teachings on death and dying from the Tibetan Buddhist tradition and presents them in clear nontechnical language Readers learn about the eight stages of dissolution leading to death a detailed roadmap of the dying process that describes the sequence of physical psychological and spiritual changes

that occur as we die Coberly also presents the death meditation a contemplative exercise for developing a new relationship to death and life The book also includes a lengthy annotated list of recommended readings for added guidance and inspiration Topics include How the terminally ill can experience emotional and spiritual healing even when they can t be cured Why Western medicine s relentless focus on curing disease has led to inadequate care for the dying What to expect during the dying process How our fear and denial of death harm the dying Techniques to help caregivers promote a peaceful environment for the dying and their loved ones How to meet the changing physical and emotional needs of the dying Helpful advice on what to say and how to behave around the terminally ill **Buddhism and Medicine** C. Pierce

Salguero,2019-11-26 Over the centuries Buddhist ideas have influenced medical thought and practice in complex and varied ways in diverse regions and cultures A companion to Buddhism and Medicine An Anthology of Premodern Sources this work presents a collection of modern and contemporary texts and conversations from across the Buddhist world dealing with the multifaceted relationship between Buddhism and medicine Covering the early modern period to the present this anthology focuses on the many ways Buddhism and medicine were shaped by the forces of colonialism science and globalization as well as ruptures and reconciliations between tradition and modernity Editor C Pierce Salguero and an international collection of scholars highlight diversity and innovation in the encounters between Buddhist and medical thought The chapters contain a wide range of sources presenting different perspectives rooted in distinct times and places including translations of published and unpublished documents and transcripts of ethnographic interviews as well as accounts by missionaries and colonial authorities and materials from the contemporary United States and United Kingdom Together these varied sources illustrate the many intersections of Buddhism and medicine in the past and how this nexus continues to be crucial in today s global context **The SAGE Encyclopedia of Pharmacology and Society** Sarah E. Boslaugh,2015-09-15 The SAGE

Encyclopedia of Pharmacology and Society explores the social and policy sides of the pharmaceutical industry and its pervasive influence in society While many technical STM works explore the chemistry and biology of pharmacology and an equally large number of clinically oriented works focus on use of illegal drugs substance abuse and treatment there is virtually nothing on the immensely huge business Big Pharma of creating selling consuming and regulating legal drugs With this new Encyclopedia the topic of socioeconomic business and consumer and legal and ethical issues of the pharmaceutical industry in contemporary society around the world are addressed Key Features 800 signed articles authored by prominent scholars are arranged A to Z and published in a choice of electronic or print formats Although arranged A to Z a Reader s Guide in the front matter groups articles by thematic areas Front matter also includes a Chronology highlighting significant developments in this field All articles conclude with Further Readings and Cross References to related articles Back matter includes an annotated Resource Guide to further research a Glossary Appendices e g statistics on the amount and types of drugs prescribed etc and a detailed Index The Index Reader s Guide and Cross References combine for search and browse

capabilities in the electronic edition The SAGE Encyclopedia of Pharmacology and Society is an authoritative and rigorous source addressing the pharmacology industry and how it influences society making it a must have reference for all academic libraries as a source for both students and researchers to utilize      **Ancient Wisdom for Westerners** Marilyn Magazin,2022-04-07 A clear and concise introduction into the ancient and profound tradition of Tibetan Medicine The holistic system of Tibetan medicine has proven over centuries to be extremely effective and complementary to modern Western medicine especially for chronic diseases One of the most striking differences between modern Western medicine and Tibetan medicine is how Tibetan medicine looks at health and disease from the energetic point of view as well from an anatomic and physiological one Tibetan medicine thus provides the answers to many questions about the human body and disease that can not be explained in terms of modern medical teachings Ancient Wisdom for Westerners explores the origins of Tibetan medicine and outlines Tibetan Buddhist terms It offers explanations to the primary causes and conditions that give rise to sickness how to avoid and treat them and how to prevent them from reoccurring It explains how the three subtle energies of Tibetan medicine are responsible for all bodily functions and gives examples of how nutrition and behaviour are conducive to good health It also details accurate diagnostic methods some of which are particularly useful for babies and small children

The Patient Multiple Jonathan Tae,2017-01-01 In the Himalayan Kingdom of Bhutan medical patients engage a variety of healing practices to seek cures for their ailments Patients use the expanding biomedical network and a growing number of traditional healthcare units while also seeking alternative practices such as shamanism and other religious healing or even more provocative practices The Patient Multiple delves into this healthcare complexity in the context of patients daily lives and decision making processes showing how these unique mountain cultures are finding new paths to good health among a changing and multifaceted medical topography      **The Cosmic Breath** Amos Yong,2012-05-10 The interjection of pneumatology in both theologies of interreligious dialogue and in the theology and science conversation comes together in this volume The resulting Christianity Buddhism science dialogue opens up to new pneumatological perspectives on philosophical cosmology and anthropology in interdisciplinary and global context      *Encyclopedia of Love in World Religions* Yudit Kornberg Greenberg,2007-11-15 This is the first comprehensive resource on the subject of love in the teachings of the world s major religions cultures and philosophies Encyclopedia of Love in World Religions is the first reference work to offer a comprehensive portrait of love in the context of the classic and contemporary literature of Judaism Christianity Islam Buddhism and Hinduism as well as other cultures and philosophies Like no volume published to date it reveals the full richness of religious teachings on love in all its many forms exploring an extensive range of topics that offer philosophical psychological and religious perspectives to guide the quest for the meaning of love Encyclopedia of Love in World Religions features approximately 300 subject entries as well as insightful biographic sketches of preeminent thinkers all written by a multidisciplinary team of some of the foremost scholars on the subject Entries examine both general and culture specific

interpretations of love not just the dichotomy of spiritual and physical love but the full emotional spectrum of love in relationships and practices Collectively they encompass love's integral and sometimes conflicting role in shaping beliefs and behavior in a vastly diverse world 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 Tibetan Medicine and You Miriam E. Cameron, Tenzin Namdul, 2020-01-28 All of us want to be happy and avoid suffering So why are many of us anxious angry depressed We suffer from pain hypertension inflammation indigestion insomnia and addictions Yet too often we make choices that sabotage us rather than reverse what's wrong Tibetan medicine Tibet's ancient comprehensive science of healing offers effective tools for transforming suffering into health and happiness Tibetan medicine teaches that the purpose of life is to be happy and that after our basic needs are met happiness results primarily from our own thinking When challenges arise we can wallow in negativity and get sick or even sicker in mind and body Or we can decide to create health and happiness Making positive choices won't solve every problem but will produce better results than poor or thoughtless decisions do This unique book explains in everyday English how to use Tibetan medicine for self care and as a complement to modern medicine Tibetan medicine sheds light on the intricate relationship between mind and body Each of us is born with a unique combination of energies called our constitution Understanding our constitution empowers us to make conscious informed decisions about our thoughts diet and behavior to keep our energies in balance We learn to reduce stress create health prepare for death and be happy **Encyclopaedia of the History of Science, Technology, and Medicine in Non-Western Cultures** Helaine Selin, 2008-03-12 Here at last is the massively updated and augmented second edition of this landmark encyclopedia It contains approximately 1000 entries dealing in depth with the history of the scientific technological and medical accomplishments of cultures outside of the United States and Europe The entries consist of fully updated articles together with hundreds of entirely new topics This unique reference work includes intercultural articles on broad topics such as mathematics and astronomy as well as thoughtful philosophical articles on concepts and ideas related to the study of non Western Science such as rationality objectivity and method You'll also find material on religion and science East and West



and magic and science      *The TMJ Handbook* Cator Shachoy, 2024-08-27 Alleviate TMJ pain with a powerful integrative mind body program that draws on yoga mindfulness and craniosacral bodywork and includes more than thirty instructional movements and eleven audio downloads In *The TMJ Handbook* Cator Shachoy explains the anatomy and physiology of Temporomandibular Joint Dysfunction TMD what we commonly refer to as TMJ She unpacks the physical emotional and energetic reasons why this pain can occur and become so debilitating including injury stress and tension emotional trauma grief and rage hormonal imbalances among other causes She then offers a unique and effective approach to reducing TMJ pain that combines yoga massage meditation and craniosacral therapy *The TMJ Handbook* delves into A definition and explanation of jaw tension and jaw anatomy Headaches stress and trauma Conscious healing touch and self massage Yoga poses and sequences Shachoy shares inspiring and instructive stories of patients she has treated and empowers us with the knowledge and skills to help ourselves This fully illustrated guide has more than thirty instructional movements and eleven audio downloads      *Freeing Tibet* John B. ROBERTS, Elizabeth A. ROBERTS, 2009-02-02 In March of 1959 a 23 year old Tibetan youth named Tenzin Gyatso burst onto the world stage Fleeing his native country to govern in exile from India the Dalai Lama would go on to become one of the great leaders of our time Then in March 2008 the diplomat icon and winner of the 1989 Nobel Peace Prize was blamed for inciting violence in Tibet s traditional capital of Lhasa As 2009 marks the 50th anniversary of the Dalai Lama s rule in exile the situation in Tibet has become more volatile than ever Now China must decide if it will give Tibet the right to govern itself and what the consequences will be for its economy and its place on the world stage *Freeing Tibet* is the incredible heroic story of Tibet s arduous struggle to keep freedom alive From the national uprising in 1959 which cost more than 85 000 Tibetans their lives to the rise of the Tibetan freedom fighters the aftereffects of Nixon s historic visit to China and preparations for the Dalai Lama s successor this seminal history offers an insider s view of the 50 year struggle for autonomy As a former Reagan White House political strategist author John B Roberts has had unprecedented access to the Dalai Lama s inner circle Based on interviews with CIA and political insiders this epic story gives readers a new understanding of a conflict that continues to fascinate the world Timely impeccably researched and hopeful this is the book that will change the way we understand Tibet      *The Tibet Journal* (Vol. XLVIII, No. 1, Spring/Summer 2023) , 2023-01-01

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