

## **DEPARTMENT OF TIBETAN MEDICINE**

### **CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES**

#### **Background:**

The central Institute of Higher Tibetan Studies is a five star accredited University and research institute founded in 1967 as conceived by His Holiness the Dalai Lama and the first Prime Minister of India, Pt. Jawahar Lal Nehru, financed by Govt, of India. In the year 1988, the Institute was declared Deemed to be a University and in the year 2001, the Institute became one of the few five star accredited among the Universities of India. It offers degree programs in Buddhist Philosophy and Classical Languages; Tibetan Medicine and Astrology; and Tibetan fine Arts. The Institute represents all of the major Tibetan traditional Bon, Nyingma, Kagyu, Sakya and Geluk, and prepares students, with a sound education in traditional Buddhist subjects and classical languages as well as with the skill necessary for modern scholarship and professional life.

CHITS is also a premier research institute with a substantial staff of research scholars, and many visitors from other academic institution in India and from around the world. It provides a platform for interaction between Buddhist and non-Buddhist Indian philosophical schools; between Western philosophers; and between Buddhist scholars and scientists. The Santarakshita Library is among the world's best Buddho-logical and Tibeto-logical libraries. The Institute publishes research monographs, collection and restored, translated and critically edited classical Buddhist texts.

#### **Objectives:**

The Central Institute of Higher Tibetan Studies has the following four principal objectives:

1. The preservation of the Tibetan cultural heritage, including the language, literature, religion, philosophy and arts of Tibet;
2. The preservation of classical Indian texts lost in their original editions but preserved in Tibetan translation; the study of the classical learning and traditions transmitted by these texts; and the restoration of lost or incomplete Sanskrit texts from canonical Tibetan translations;
3. The provision of a traditional Tibetan education enriched by modern subjects and modern approaches to learning to students from the Himalayan regions of India, the Tibetan exile communities and students from neighboring countries who once regularly sought education in Tibet;
4. To provide the opportunity for the study of and degree in traditional Indo-Tibetan Buddhist subjects in the framework of a modern University and the pursuit of systematic research in Tibetan and Buddhist studies.

#### **Organization Structures:**

The organizational structure of the Institute comprises of administration, officers and committees.

##### **(a) Administration:**

The Administration setup on this organization includes offices of the Vice Chancellor/ Director. The Registrar, the Deputy Registrar.

(b) Officers: Vice Chancellor /Director, Registrar, Librarian.

(c) Committees:

Following are the committees and advisory set-up for the routine functioning of the institute and its development.

1. Society
2. Board of Governors
3. Academic Council
4. Planning and Monitoring Committee
5. Finance Committee
6. Library Committee
7. Department Promotion Committee
8. Cadre Review Committee
9. Publication Committee
10. Examination Committee
11. House Allocation Committee
12. Other Committee, Admission Committee etc.
13. Department Board of Studies Committee
14. Research Degree Committee

#### **Santarakshita Library:**

The Santarakshita Library is among the finest libraries in the world for research in Tibetan language materials and in Buddhist studies. The library includes an extensive Tibetan collection, including all major editions of the Kagyur and Tangyur, the Chinese and Pali Tripitaka and the complete works of many Tibetan scholars. The library also has extensive holdings in Sanskrit, Hindi and English, with excellent coverage in all areas of Indo-Tibetan Buddhist Studies and Tibetology. Many texts are available on microfilm and microfiche, and the library holds a large collection of audio and videotapes of lectures and teachings by important Tibetan teachers. The catalogue is completely computerized. The library subscribes to most important journals in Buddhist studies. The library can also host small conference in its seminar hall and can provide study space to visiting scholars. Internet access is available in the library.

#### **Faculties and Departments:**

There are five Faculties in the Institute; four of these are based on the five 'Mahavidyas' of the Buddhist tradition, while the sixth was established to include the departments of modern subjects. There are nine Departments under the five different faculties. Under the faculty of Chikitsa Vidya, The study of Tibetan Medicine( Sowa Rigpa) & Karnag Tsi-Zhung( Astrology & Astronomical science) is undertaken.

#### **Department of Tibetan Medicine**

Bhot Ayurvigyan Department under the faculty of Bhot Chikitsa Vidya( Tibetan System of Medicine) was established in 1993. Here, the medical students receives entire comprehensive trachings on Tibetan Medicine in Tibetan language.This Department comprises of medical class, pharmacy, pathology, research, clinic and herbal garden.

a) Research Unit:

Dr.A.K.Rai is engaged with clinical research on various diseases such as Asthma, Diabetes, Arthrities, and Hepatitis B etc. with the professors and senior students.

b) Pharmaceutical Unit:

Six pharmacists have been engaged for the production of various forms of medicine for the Department's clinic which is meant primarily for the clinical trail at the research unit, practical teachings for the students, & also for patient care. There are around 290 varieties of medicinal pills, powder, syrups, tonics etc. prepared by the department according to the traditional Tibetan medical formulations.

c) Pathology Unit:

Mr.V.K. Patil, Lab technicians at the pathology laboratory, has been engaged for minor pathology routine test referred by the Institute's Doctors.

d) Herbal Garden:

More than hundred medicinal plants and herbs have been planted in the Kalachakra Vanaushadhi Udyan (herbal garden) of the department.

e) Clinic:

Department had set up a small clinic since 1996. Approximately 50,000 numbers of in and out patients from different locality had been registered in the clinic so far. As per the records, the clinic had cured various ailments like Diabetes, Asthma, Deafness, Arthritis, Hepatitis-B and so forth. The treatments are given according to the therapeutic principles of the Traditional Tibetan medical system.

f) Education Programme:

Every year, a month long educational tours were organized for senior students to specified hilly states such as Arunachal Pradesh, Uttar Kashi and Himachal Pradesh etc, as part of the practical teaching for the botanical identification of the various medicinal herbs and plants. Lecture series and medical camps are also organized for the students to enrich their skills and community health services.

g) Seminars and workshops:

This Department organized national and international seminars and workshop on various topics on different medical system to promote health education.

h) Teaching and non teaching staff members

SL.No.	Designation	No.
1	Medical Professor	1
2	Reader	1
3	Lecturer	2
5	Research Assistant	1
6	Pathologist	1
7	Technical Assistance	1

8	Pharmacist	7
9.	Herbal Gardener	1

**Postal Address:**

Department of Tibetan Medicine  
Central Institute of Higher Tibetan Studies  
P.O. Sarnath - 221007  
Varanasi (U.P.)  
India

Phone: 91-542-2585142, 2585148  
Fax: 91-542-2585150  
Website: [www.cihts.ac.in](http://www.cihts.ac.in)