

1. The Central Council of Tibetan Medicine (CCTM)

The Central Council of Tibetan Medicine (Che Thoe Men Pai Lhen Tsog), was established on 5th Jan 2004 at Dharamsala, (H.P.) India. Apart from working towards the overall development of Tibetan Medicine, one of the objective was to find ways to solve the problems faced by the Tibetan medicine practitioners. It was established after the “Exile Tibetan Medicine Practitioners Association Act” was passed by the 13th Assembly of the Tibetan People’s Deputies, Government of Tibet in Exile, during its 5th session in the year 2003, with the final approval by His Holiness the Dalai Lama. Since then, it became the apex body of all the Traditional Tibetan Medicine Practitioners in Exile.

Goals & Objectives

The Central Council of Tibetan Medicine aims to fulfill the following goals:

1. To register Tibetan medical colleges, pharmaceutical units of Tibetan medicine and traditional Tibetan physicians in Exile. Most of the traditional Tibetan physicians are settled in India, Nepal, Bhutan, U.S.A, Europe, Russia and Mongolia. They are successful in their practice and there are many anecdotes of their success in treating many chronic and terminal disease.
2. To establish guidelines for the preparation of Tibetan medicine. In the recent past, health authorities worldwide paid considerable attention to the use of herbal medicines due to their increasing popularity as an alternative to allopathic treatment. At the same time, herbal medicine has been found to be a potential source of new drugs for economic development.
3. The Tibetan medical system is one of the richest sources of knowledge on medicinal plants and other products. It is a medical system that has made a great contribution to the health and well being of Tibetan people for more than two thousand years. Tibetan people still have a great faith in its healing properties and mainly rely on it to meet their health needs. The interest in Tibetan herbal medicine is also growing worldwide and this growing interest in its usage has thus created the need for greater precision in preparation and evaluation of Tibetan medicine as a whole. The Central Council of Tibetan Medicine therefore aims to establish guidelines for the preparation of Tibetan herbal medicine. It will make attempts to incorporate traditional and basic scientific principles as well as other special requirements related to the use of Tibetan herbal and other medicinal ingredients and their products.
4. To establish guidelines of academic standards for Tibetan medical colleges/university and to provide due recognition to them: Tibetan medical colleges in India each have a different syllabus for the training of Tibetan physicians and there is no central authority that controls the qualification of traditional Tibetan physicians until now. Therefore, it has become important to have a equal academic standard in all Tibetan medical colleges and universities and give due recognition to those

colleges and universities who fulfill the requirements laid down in the guidelines. This will improve and act as a control of the qualification of traditional Tibetan physicians.

Accreditation Program

Until 2004, none of Traditional Tibetan physicians have been registered under any licensing authority. Our colleges and pharmaceutical units are also not registered, despite their high level of proficiency. Therefore, the Central Council of Tibetan Medicine aims to register all medical colleges, pharmaceutical units and traditional Tibetan medicine practitioners over time through its registrar appointed by the Central Council of Tibetan Medicine.

In order to accomplish this task, the Central Council of Tibetan Medicine has prepared registration forms and guidelines for the registration of physicians, academic Institutions, and for the production of herbal medicine.

Members of CCTM

The members of the Central Council of Tibetan Medicine are elected by Traditional Tibetan Physicians from different part of India, Nepal and West under the supervision of the Health Department, Central Tibetan Administration, Dharamsala, Indai.

The Central Council of Tibetan Medicine is now the apex body of all traditional Tibetan physicians in Exile, established under the Charter commissioned by the Assembly of Tibetan Peoples Deputies, Government of Tibet in Exile with the final approval by His Holiness the Dalai Lama. The Central Council of Tibetan Medicine has taken on responsibility for the promotion and preservation of Tibetan Medicine as well as for the welfare of traditional Tibetan physicians.

The Central Council of Tibetan Medicine consists of five physicians from Men-Tsee-Khang (TMAI) Dharamsala, including one reserved seat for the personal physician to His Holiness the Dalai Lama, and four private physicians, including one reserved seat for the physicians of Bon medical tradition and one allopathic physician appointed by the Department of Health, Central Tibetan Administration, Tibetan Government in Exile.

2. Introduction to the History of Tibetan Medicine

Since the time immemorial when the life first came into existence, and during the course of its evolution, the homo-sapiens had to face mammoth task of protecting and maintaining their existence in the face of severe environmental upheavals and constant threat to their survival and struggle to prevail in the so called Darwin's theory of 'survival of the fittest' situation. With it, the knowledge of life and method to protect it as part of the survival factor has thus, naturally and spontaneously, evolved in tandem.

Accordingly, the Tibetans too, since its early existence, has to come to know about various crude and primitive style of treatments like drinking boiled hot water against indigestion, putting molten butter over the wounds to stop bleeding, pasting of barley residual Chang extract over the swelling and inflammation of the limbs etc.

The history of the growth of Tibetan Medicine (Sowa-rigpa) can be explained and understood clearly and conveniently under two broad categories; The growth of Tibetan Medicine during the prehistoric Bon Era, and the history of Tibetan medicine after the introduction of Buddhism in Tibet.

Tibetan Medicine during the Prehistoric Bon Era:

Since the origin of humankind in Tibet—the Land of Snows, due to various external conditions such as historical advancement, climatic changes and environmental conditions, Tibetan people acquired the human qualities of verbal communication. With the gradual passage of time, beginning from the life of hunting, Tibetans started to understand minor livelihood activities. Thereafter, they increased and widened their knowledge of natural elements, which further gave them the wisdom to investigate its function. Consequently, Tibetans practiced various methods of curing diseases such as drinking hot water for indigestion and smearing molten butter on wounds against bleeding and hemorrhoids. They started understanding the holistic approach of maintaining a disease-free life through their own experience of knowing the dietary benefits of different foods. Therefore, the Tibetan science of healing took its birth through such minor dietary habits. Through personal experience, parents adopted various therapeutic measures of curing diseases. Such fundamental practices guided the way to the origin of Tibetan doctors.

With the historical development, the ancient Tibetan tradition of governance through small princely states based on lineages, class, fragmented empires, tribal leaders etc., came to an end. With the advent of Nyatri Tsenpo, 127 AD and other 27 lineages of king viz. seven Tri of the sky, two celestial kings, six kings named 'legs', eight kings of water and three evil spirits of the bottom ruled Tibet for more than two decades. They not only extended their empire towards the borderland, but also spread vocational skills and other arts in Tibet. Bon texts explain that contemporary to Buddha Shakyamuni of India, Bonton Sherab Miwoche, the founder of indigenous religion of Tibet revealed the teachings of nine outline sutras of Tibetan medicine and its commentary: '*Rays of the Moon*', '*bum dkar nag khra gsum (Tri-colored Medical treatise: Black, White and Multi-colored)*' and other 13 supplementary treatises of medicine. The biography of Yuthog Yonten Gonpo - I, (707-833 AD) mentions his encounter with nine eminent scholars from neighbouring countries. While debating with those scholars, he clearly mentioned about the existing therapeutic knowledge of Bon tradition such as Tantra of purification through purgation, pacification through fomentation, medicinal bath and massage (*dugs lums byugs gsum gyi gyud*). The principal Tibetan Medical text, *Gyud bhi* (Four Tantras) also retains the same archaic names derived from Shang Shung such as *da trig*, *dar ya kan*, *le tres*, *tre sam* and the name of disease like *Trem* and so on. During the 30th Tibetan king [*'brong gnyen sde'u*], a doctor from *do med 'a zha* region, cured the blind son of '*brong snyan sde'u*' by using a surgical golden scaple. For several centuries, before the spread of Buddhism in Tibet, Tibetans tried to combat different diseases by extracting medicines from various plants, mineral, living organisms and so forth. Thereafter, Tibetans devised their own natural remedies to cure diseases. This clearly indicates that Tibetans had their own system of treatment explained in their traditional medicinal scriptures, which they acquired through

their analytical wisdom of differentiating how medicine benefits one's life and how disease or poison harms one's physical wellbeing and life.

History of Tibetan Medicine after introduction of Buddhism:

Besides the existing system of Bon medical tradition, King *Thothori Nyentsen* (374-593 AD), and the successive Tibetan kings had introduced many knowledge of healing from the neighboring countries like India, China, Nepal and Greece. It was during these period that the first International Conference on traditional medicine was held at Samye monastery in the year 728 in which nine distinguished physicians from the neighboring countries had participated. Yuthog Yonten Gonpo - I (708-833AD), popularly referred to as the father of the Tibetan Medicine led the Tibetan delegation and was highly honored by all the participants because of his excellence in all the fields of medical knowledge and practices. Inspired by the knowledge gained from the conference, Yuthog Yonten Gonpo - I composed the medical text called *Gyud Shi* (Four Tantra) which became the principal foundation for all the medical scriptures and practices in Tibet. This led to the establishment of an entire new field of study with a system that helped in the nurturing of medical students through textual commentaries, medicinal practices, degrees, textual size and so forth. It was also during same period that the two most classical medical text namely *mi' jigs pai mtshon cha* and *smān-dpyad dawa'i rgyal po* was composed.

In the beginning of 11th century, *Lotsawa Rinchen Sangpo* (958-1055) translated many Indian medical texts such as *smān dpyad yan lag brgyad pa* (*Astanga Hrdaya Samhita*) and its auto-commentary written by Indian Pandit Ashvagoshā³ and the commentary of *Astanga Hrdaya Samhita* known as '*grel wa zla zer* composed by *Kha che Pan chen zla ba mngon dga'* into Tibetan. This great scholar was and is still remembered as one of the greatest Tibetan Buddhist medical scholar and translator next only to Vairocana. He traveled extensively around the present Himalayan regions like Lahaul and Spiti, Kinnaur and Ladakh propagating Buddhist practice and Tibetan medical system.

Later during the 14th century, the interpretation and practice of the Tibetan system of medicine was divided into two branches namely *Jangpa* and *Zurkhar* system. There are narrations that *Jangpa* system holds authority over textual commentaries and *Zurkhar* system holds authority over application and practice.

His Holiness the great 5th Dalai Lama and 13th Dalai Lama were especially remembered for their role in the propagation of Tibetan Medicine. During the great 5th Dalai Lama and his regent *Desi Sangye Gyatso*, established *Chagpori* Medical Center for the study and training on Tibetan Medicine. Among many works on medicine and astrology, *Desi* wrote his famous commentary on Four Tantra called *Baidurya Ngonpo*.

Later during the great 13th Dalai Lama *Thupten Gyatso* (1876-1933), the renowned and prestigious *Lhasa Men-Tsee-Khang* was established in the year

1916 from which many eminent Tibetan physicians have graduated and made their marks in the promotion of Tibetan Medicine.

After the invasion of Tibet by the Communist China in 1959, the *Lhasa Medical College Men-Tsee-Khang* was closed temporarily during the time of so called cultural revolution, but was reopened later and is currently one of the most prestigious Tibetan Medical Institution in Tibet with the full recognition and funding from the Chinese Government. Later, under the auspicious guidance of His Holiness the Present Dalai Lama, the replica of *Men-Tsee-Khang* was re-established in Dharamsala, Himachal Pradesh, India, on 23rd March 1960.

History of Tibetan Medicine that flourished outside Tibet

Tibetan Medicine expanded from Tibet and flourished in many other neighboring countries, which have different culture, language and custom such as Mongolia, states of Russia, China, India, Nepal and Bhutan.

In recent times, many medical texts such as *man ngag rinchen 'byung gnas* (*The Ocean of Core Instructions*), *bshad rgyud kyi 'grel ba gser chen* (*The Commentary of Explanatory Tantra: Bright Gold*), *sman dpyad soma raza* (*Somaraza, Medical Therapy*), *gces bsdus snying nor* (*the Medical Text of Jewel of the Heart*), *be sngon* (*Blue Emerald*) were translated into Mongolian language with the collaboration of Tibetans and Mongolian doctors in Tibet.

In brief, the spread of Tibetan medicine in Mongolia is almost complete. Even the different positions hold by the *Jangpa* and *Zurkhar* systems are explained and practiced exactly the same in their medical tradition up to the present days.

The Tibetan medicine flourished in China after the translation and publication of *Lochen Rinchen Sangpo's* translated medical text named *sman dpyad yan lag brgyad pa'i snying po bsdus pa* (*Astanga Hrdaya Samhita*) during *Pal Phakmo Grub pa* time into Chinese language, which is explained in *sde srid khog 'bugs*. In the year 1744, according to the direction of the Chinese king Chenlung, *Chagkya Ropla Dorjee* established a medical institute in Peking Jinjak ling monastery. Thus he, introduced and spread the Tibetan science of medicine in China. Following which, for 300 long years of history, the medical text of *nyam yig* was translated into Chinese language and put into practice. Besides, many Tibetan and Chinese doctors gave their services in the North-western regions of China. Particularly, in the year 1980, the old version of the verses of *Gyud shi* by *Leyul Nyan* (*les yung nyan*) was revised and re-edited by many Tibetan and Chinese doctors and was published in the year 1983, which was the first ever complete and perfect translation of *Gyud shi* into Chinese language.

Traditional Tibetan medicine is a living tradition and it is one of the most authentic ancient medical systems of mankind. It is a medical system that has a long history of unbroken medical heritage and has the richest collection of medical texts. Most of these texts dates back many hundreds of years and

mention the usage of Tibetan medicinal plants in many different forms which have a great potential to contribute to the well being of mankind. It is also compatible with other medical systems as a complementary medical treatment and there are many testimonies of its success in treating chronic diseases. It is based on profound medical theory that is an integration of Science, Art and Philosophy. The textual commentaries and the practices of the Tibetan medicine still exists in their complete and full form in the neighboring countries such as Bhutan, Sikkim, and India including other Himalayan countries and regions. The complete *Gyud shi* text was translated into Russian language in the year 1908. From the beginning of 20th century, some parts of *Gyud Shi* text were translated into Japanese, German, French and English. Specially, during the end of 20th century, due to the grace of His Holiness the 14th Dalai Lama, many scholars, scientists and people from Eastern and Western parts of the world became aware of the extraordinary qualities and realized the profundity of the Tibetan medical system. Consequently, there has been a continuous increase in the number of people who appreciate and takes keen interest in the study of Tibetan medical science of healing. These circumstances in turn lead to the flourishing and expansion of Tibetan medicine all over the world.

The Definition and Concept of Tibetan Medicine

Tibetan Medicine is a unique system where medical science and spirituality are blended harmoniously together to offer total health to all. Its principle objective is the prevention of disease for healthy living, treatment of the diseased, to attain longevity, prosperity and spiritual realization. The entire teaching is being summarized in the form of body and disease, the healing means, healing method and the healer.

The fundamental concept of Tibetan Medicine revolves around the theory of Five Cosmo-physical elements and three principal energies (*Nyespa*), the balance and imbalance of which attributes to health and disease respectively. The food and behavioral regimen, seasonal factors and evil spirits are considered to be four causative factors responsible for the manifestation of *Nyespa* into disease. Based on the Buddhist concept of mind and body relationship, Tibetan Medicine recognizes *Marigpa*, the Ignorance as the root cause of all the suffering. Ignorance literally means not knowing the non-existence of the Self because of which one suffers from three inborn mental poisons like lust or desire, hatred or anger, delusion or confusion all of which gives rise to various forms of imbalances in our body system which can be grouped under *Lhung*, *Tripa* and *Badkan*. Therefore, unless we study and purify our mind from its black clouds of negative mental afflictions, we cannot enjoy the clear blue sky of a perfect health.

Tibetan Medicine strongly advocates the dynamic interrelationship between our body, environment, disease and the treatment. All of them are made up of same basic element of nature popularly known as five Cosmo-physical elements: earth, water, fire, air and space, which form our life sustaining energies. And

particularly, our human body (Micro-cosmic) enjoys very close and dynamic relationship with our external environment (Macro-cosmic) the balance of which directly affects our very life and existence. Therefore, the environmental pollution and its related health hazards were clearly mentioned in the centuries old medical text.

The medicines used are chiefly natural herbs. Moreover, some precious and semi-precious stones, salts, minerals are also being used. The therapeutic effect of medicines is mainly determined by their inherent taste, potency and qualities. They are combined and prepared in keeping with their taste and potency so as to ensure total and quality health of the patient without any unwelcome side effects. Besides the medicines, some external therapies are also given to support the treatment process.

Diagnosis

The diagnosis in Tibetan medicine comprises of three main techniques. They are visual examination, examination by touch and interrogation.

Visual examination involves study of the five sensory organs, stool and urine.

Examination by touch involves examination of the body temperature, energy centers, chakras and pulse of the patient. Significantly, the pulse and urine analysis forms the most unique and important part of Tibetan diagnostic method.

Interrogation involves taking the medical history of the disease and the patient.

Though seemingly simple, Tibetan physicians have mastered their art of diagnosis in such a way that mere feeling of the pulse is enough to give them the detail map of the patient's physiological & psychological problems. Similarly, the simple urine analysis in a clean transparent cup or a bottle is enough to give physician an ample vital information about the patient's nature of the disease, treatment response & prognostication.

The chapter on pulse diagnosis is divided into 13 categories as follows:

1. Preliminary compliances
2. Time of pulse examination
3. Anatomy for pulse reading
4. Pressure to be applied while reading the pulse
5. Method of taking the pulse
6. The constitutional or natural pulse
7. Seasonal pulse
8. Seven extra-ordinary pulse
9. Healthy pulse
10. General and specific pulse
11. Prognosis
12. Evil spirit pulse
13. Lifespan pulse

Urine analysis is also divided into 8 categories.

1. Preliminary compliances
2. Time of urine analysis
3. Container to be used
4. Compositional changes in the urine
5. Healthy urine
6. Unhealthy urine
7. Prognosis
8. Evil spirit urine

Treatment modalities

Treatment modalities fall under four categories of diet, behavior regimen, medicine and external therapy application.

1. Diet is also explained through three chapters namely dietary principles, dietary restriction and proper intake of diet.
2. Behavior regimen is explained under three chapters namely daily behavioral guideline, seasonal behavior and incidental behavior.
3. Medicines are prepared in the form of decoctions, powder, pill, paste, medicinal butter, ash, concentrated decoction, and medicinal beverage and gem medicine.
4. External therapies are divided into two categories of mild therapy and strong therapy. The first category includes compression, medicinal bath/hot spring bath therapy and therapeutic massage. Latter includes venesection, moxibustion/cauterization, piercing therapy (Spoon therapy).

One of the unique features of the Tibetan Medicine is its close relationship with the Tibetan astronomy and astrological aspect. The changing season and its effect on our body can be best explained through the astrological calculations. Tibetan doctors also consider wide range of astrological calculations during the collection and preparation of the medicines. Astrological calculations are also made before giving some major external therapies to ascertain the exact location of life force energy so that the vital life force energy is not disturbed. Nad-rTis or diseased astro-calculations are made incase of intricately confusing state of the disease and its prognostication.

Relationship between seasons, elements, vital organs & pulse.

Season	Element	Organ	Pulse characteristics
Spring	wood	liver	slender, wiry
Summer	fire	heart	thick, long
Autumn	metal	lung	short, rough
Winter	water	kidney	smooth, slow

Seven extra-ordinary pulses are also established through Mother-Son & Friend-Foe relationship between the six elemental energies with metal as the sixth element. Each season comprises of 3 months or 90 days only. Each season influences the functional activity of major specific organ for about 72 days only. And, last 18 days from each season is dominated by earth element, spleen organ

with short & gentle pulse. Accordingly, doctor has to consult the astrological chart to see the seasonal influence vis/vis body organ in order to reach the correct diagnosis.

Tibetan Medicine considers the right approach to the patient and their treatment as a very important factor rather than the medicine itself. The doctor patient relationship is considered to be one of the important factors of the successful healing. Doctors are viewed as that of medicine Buddha: with infinite compassion and dedication to patient care; his instructions as Buddha's own teaching: with unmistakable truth and rewarding, and medicines as deathless nectar: revitalizing and life giving. Doctors too view their patients as precious human being, and should be treated with equal devotion given to his or her own beloved mother.

The ultimate aims and objectives of Tibetan Medical System is to provide the evergreen tree of our body system with the two blossoming flowers of health and longevity endowed with three fruits of spirituality, prosperity and happiness.

Contents of *Gyud Shi* (Four Tantra)

Gyud Shi is the most popular, fundamental and a complete classical text of Tibetan Meedicine, which is still being reads and taught in various colleges and institution of Tibetan Medicine in and outside Tibet. It was first authored by *Yuthog Yonten Gonpo - I* and later revised and rewritten by *Yuthog Yonten Gonpo - II*. It is comprised of four tantras and 156 chapters covering the whole theoretical as well as practical aspects of Tibetan medicine. The philosophical explanation, education and training, research, practices and compounding of Tibetan medicine is wholly based on *Gyud Shi*. The Four Tantras are: the Basic Tantra (*Tsa Gyud*), the Explanatory Tantra (*Shed Gyud*), the Oral Instruction Tantra (*Menyag Gyud*) and the Subsequent Tantra (*Chima Gyud*). The Basic Tantra presents an overview of the essence of Tibetan medicine in six chapters. It clearly outlines the basic principles of health and disease as well as methods of diagnosis and therapeutic approaches.

The Basic Tantra (*Tsa Gyud*) consists of six chapters and the contents are as follows:

(1) The basis of discourse - the text begins with a title in Sanskrit to show respect and preciousness of this sacred language, followed by a sincere homage to the Medicine Buddha. The scene depicting the importance of five Excellences of Place, Time, Dharma, Teacher and Followers is presented to indicate the sacredness of the classic medical text.

(2) Enumeration of the chapters - reveals the number of chapters in eleven sections of the Explanatory Tantra, fifteen categories of the Oral Instruction Tantra and four compendiums of the Subsequent Tantra.

(3) Basis of health and disease - describes the state of health and disease based on the balanced and imbalanced state of three principle energies of *Lhung*, *Tripa* and *Badkan*. The knowledge on the characteristic, location and functions of these energies determines the healthy and unhealthy state of the body.

(4) Diagnosis - addresses the three main methods of diagnosis. They are the visual examination, examination by touch and interrogation. The unique diagnostic feature of urine and pulse examination of Tibetan Medicine is covered in this chapter.

(5) Treatment - reveals the dietary advises, lifestyle modifications, prescription of various forms of medicines and application of mild and drastic external therapeutic approaches for treating various forms of disorders.

(6) Enumeration - the numeral interpretation of the core meaning of the Basic Tantra in the form of a metaphor.

The Explanatory Tantra (*Shad Gyud*) addresses the theoretical foundation of Tibetan medicine in an comprehensive, detailed and systematic manner. It begins with the theory of *Byungwa Lnga* (the Five Elements) that embraces the foundation of the formation of the human body, followed by a description of the anatomical structure, physiological characteristics, and the final destruction of the human body. The knowledge on the imbalanced state of the body is described in detail thereafter covering the whole aspects of the causes, locations, characteristic signs and symptoms and the classification of disorders. The dietary and behavioral principles that can be employed in both the healthy and unhealthy state of body have thoroughly explained. The chapters that follow concern the fundamental principle of the medicinal substances with regard to their taste, post-digestive tastes, the individual therapeutic property, the compounding of medicine, and medical instruments. Distinctive means of diagnosis, a range of therapeutic approaches, and the qualities and ethical principles of a physician are also thoroughly and precisely explained. The Explanatory Tantra involves the whole of Tibetan medical philosophy and practice and is therefore considered the most valuable of the Four Tantras.

The Explanatory Tantra consists of thirty-one chapters and is covered in eleven sections and the contents are as follows:

1. (1) Summary of the Explanatory Tantra
2. Formation of the human body
 - (2) embryology
 - (3) metaphorical description of the human body

- (4) anatomical structure of human body
 - (5) physiological characteristics of human body
 - (6) actions and classification of human body
 - (7) signs of the destruction of human body
3. Increase and decreased state of *Nyespa*
 - (8) distant and proximate causes of disorders
 - (9) conditions of disorders
 - (10) manner of entrance of disorders
 - (11) characteristic signs and symptoms of disorders
 - (12) classification of disorders
 4. Behavior regimens
 - (13) routine behavioral regimen
 - (14) seasonal behavioral regimen
 - (15) incidental behavioral regimen
 5. Dietary regimens
 - (16) fundamentals of dietetics
 - (17) dietary restrictions
 - (18) dietary precaution and limitation
 6. Compounding of medicines.
 - (19) tastes and post-digestive tastes of medicinal substances
 - (20) therapeutic effects of medicinal substances
 - (21) techniques of compounding medicinal substances
 7. (22) medical instruments
 8. (23) techniques of essence extraction for maintaining health
 9. Diagnosis
 - (24) fundamental principles of diagnosis
 - (25) diagnosis through indirect skillful means
 - (26) four criterias of diagnosis for accepting or refusing a patient
 10. General therapeutic principles.
 - (27) detailed therapeutic principles
 - (28) specific therapeutic principles
 - (29) two therapeutic principles
 - (30) actual therapeutic principles
 11. (31) ethical principles of a physician

The Oral Instruction Tantra (*Man Ngag Gyud*) deals with the practical applications of theoretical principles with regard to the diagnosis and treatment of

general and specific disorders. The cause, the condition, the classification, the signs and symptoms and the treatment of each and every disorder have been clearly revealed thoroughly, precisely and in great detail in a lengthy text of over ninety-two chapters. These ninety-two chapters are covered under fifteen categories and the content of fifteen categories are as follows:

- (1) Request for the exposition of Oral Instruction Tantra
1. Diagnosis and treatment of three *Nyespa*
 - (2) diagnosis and treatment of *Lhung* disorders
 - (3) diagnosis and treatment of *Tripa* disorders
 - (4) diagnosis and treatment of *Badkan* disorders
2. Diagnosis and treatment of Abdominal disorders
 - (5) diagnosis and treatment of *Badkan Mugpo*
 - (6) diagnosis and treatment of indigestion
 - (7) diagnosis and treatment of abdominal tumor
 - (8) diagnosis and treatment of generalized edema
 - (9) diagnosis and treatment of localized edema
 - (10) diagnosis and treatment of ascites
 - (11) diagnosis and treatment of chronic metabolic disorder
3. Diagnosis and treatment of fever
 - (12) diagnosis and treatment of general fever
 - (13) diagnosis and treatment of the confused state of hot and cold disorder
 - (14) diagnosis and treatment of hill and plain border line of fever
 - (15) diagnosis and treatment of unripe fever
 - (16) diagnosis and treatment of acute fever
 - (17) diagnosis and treatment of empty fever
 - (18) diagnosis and treatment of hidden fever
 - (19) diagnosis and treatment of chronic fever
 - (20) diagnosis and treatment of turbid fever
 - (21) diagnosis and treatment of dispersed fever
 - (22) diagnosis and treatment of disturbed fever
 - (23) diagnosis and treatment of contagious fever
 - (24) diagnosis and treatment of small pox
 - (25) diagnosis and treatment of colitis
 - (26) diagnosis and treatment of diphtheria and inflammation of muscle
 - (27) diagnosis and treatment of common cold
4. Diagnosis and treatment of the disorders of the upper part of body
 - (28) diagnosis and treatment of the disorders of head
 - (29) diagnosis and treatment of the disorders of eyes
 - (30) diagnosis and treatment of the disorders of ears
 - (31) diagnosis and treatment of the disorders of nose

- (32) diagnosis and treatment of the disorders of mouth
 - (33) diagnosis and treatment of the goitre
5. Diagnosis and treatment of vital and vessel organs
- (34) diagnosis and treatment of the disorders of heart
 - (35) diagnosis and treatment of the disorders of lungs
 - (36) diagnosis and treatment of the disorders of liver
 - (37) diagnosis and treatment of the disorders of spleen
 - (38) diagnosis and treatment of the disorders of kidneys
 - (39) diagnosis and treatment of the disorders of stomach
 - (40) diagnosis and treatment of the disorders of intestine
 - (41) diagnosis and treatment of the disorders of colon
6. Diagnosis and treatment of the disorders of the genital organs
- (42) diagnosis and treatment of the male genital organ
 - (43) diagnosis and treatment of the female genital organ
7. Diagnosis and treatment of the disorders of the miscellaneous category
- (44) diagnosis and treatment of hoarseness of voice
 - (45) diagnosis and treatment of anorexia
 - (46) diagnosis and treatment of thirstiness
 - (47) diagnosis and treatment of hiccough
 - (48) diagnosis and treatment of asthma
 - (49) diagnosis and treatment of abdominal cramps
 - (50) diagnosis and treatment of the disorders caused by micro-organism
 - (51) diagnosis and treatment of vomiting
 - (52) diagnosis and treatment of diarrhea
 - (53) diagnosis and treatment of constipation
 - (54) diagnosis and treatment of obstruction of urine
 - (55) diagnosis and treatment of polyuria
 - (56) diagnosis and treatment of dysentery
 - (57) diagnosis and treatment of gout
 - (58) diagnosis and treatment of arthritis
 - (59) diagnosis and treatment of the disorders caused by Chuser
 - (60) diagnosis and treatment of nerve disorders
 - (61) diagnosis and treatment of skin disorders
 - (62) diagnosis and treatment of the minor accident
8. Diagnosis and treatment of disorders that develop simultaneous lesion
- (63) diagnosis and treatment of the cancer
 - (64) diagnosis and treatment of the piles
 - (65) diagnosis and treatment of *Mevhal*
 - (66) diagnosis and treatment of *Surya*
 - (67) diagnosis and treatment of lymph nodes
 - (68) diagnosis and treatment of the swelling of scrotum
 - (69) diagnosis and treatment of *Kang Bam*

- (70) diagnosis and treatment of perineal fistula
- 9. Diagnosis and treatment of pediatric disorders
 - (71) management of neo-natal care.
 - (72) diagnosis and treatment of the general pediatric disorders
 - (73) diagnosis and treatment of pediatric disorders caused by evil spirits
- 10. Diagnosis and treatment of gynecological disorders
 - (74) diagnosis and treatment of general gynecological disorders
 - (75) diagnosis and treatment of specific gynecological disorders
 - (76) diagnosis and treatment of common gynecological disorders
- 11. Diagnosis and treatment of disorders caused by evil spirits
 - (77) diagnosis and treatment of disorders caused by elemental spirits
 - (78) diagnosis and treatment of psychosis
 - (79) diagnosis and treatment of epileptic dementia
 - (80) diagnosis and treatment of stroke
 - (81) diagnosis and treatment of leprosy
- 12. Diagnosis and treatment of wounds
 - (82) diagnosis and treatment of general injuries
 - (83) diagnosis and treatment of the injuries of the head
 - (84) diagnosis and treatment of the injuries of the neck
 - (85) diagnosis and treatment of the injuries of the chest
 - (86) diagnosis and treatment of the injuries of the limb
- 13. Diagnosis and treatment of toxicosis
 - (87) diagnosis and treatment of compounded poisoning
 - (88) diagnosis and treatment of food poisoning
 - (89) diagnosis and treatment of natural poisoning
- 14. (90) Application of essence extraction therapy for geriatric disorders
- 15. Diagnosis and treatment of infertility
 - (91) aphrodisiacs
 - (92) restoring fertility in women

The Subsequent Tantra (*Chima Gyud*) presents the theoretical principles of the major practical techniques, including the compounding and the actions of medicines, the application of evacuative therapies, and the use of mild and strong external therapies. It begins with the pulse and urine examination, the two most distinctive features of diagnosis in Tibetan medicine, in a detailed and systematic manner. The practical methods of compounding different forms of medicines and their uses for specific disorders and hot and cold disorders are comprehensively detailed. It also includes administration of different forms of evacuative therapies and the application of mild and strong external therapies.

The Subsequent Tantra is revealed in twenty-five chapters covered in four main compendiums. The content of these compendiums are as follows.

1. The compendium of diagnosis
 - (1) diagnosis of disorders by pulse examination
 - (2) diagnosis of disorders by urine examination

2. The compendium of pacifying medicine
 - (3) preparation and actions of decoctions
 - (4) preparation and actions of powder medicines
 - (5) preparation and actions of pills
 - (6) preparation and actions of paste
 - (7) preparation and actions of medicinal butter
 - (8) preparation and actions of calcinated powder
 - (9) preparation and actions of concentrated decoctions
 - (10) preparation and actions of medicinal *Chang*
 - (11) preparation and actions of medicines made from gems
 - (12) preparation and actions of herbal medicines

3. The compendium of cleansing therapy
 - (13) management and application of oil therapy
 - (14) management and application of purgation
 - (15) management and application of emesis
 - (16) management and application of nasal drop
 - (17) management and application of mild enema
 - (18) management and application of enema
 - (19) management and application of channel cleansing

4. The compendium of mild and strong external therapy
 - (20) management and application of venesection
 - (21) management and application of moxibustion/cauterisation
 - (22) management and application of compression
 - (23) management and application of medicinal bath/natural spring bath
 - (24) management and application of massage
 - (25) management and application of surgical therapy

The Subsequent Tantra concludes with with a summary of the fundamental principles of theory and practices of Tibetan medicine, followed by an entrustment of *Gyud Shi* to deserving students.

3. Tibetan Medical college & Institution & registered under the Central Council of Tibetan Medicine

3.1. MEN - TSEE - KHANG

Tibetan Medical & Astro. Institute of H.H. the Dalai Lama
Dharamsala 176 215
Distt. Kangra
Himachal Pradesh, India
Tel.: +91-1892-222618, 223113,
Fax: +91 - 1892 - 224116
Email: tmai@vsnl.com
Website: www.men-tsee-khang.org

Background:

Men-Tsee-Khang (Tibetan Medical & Astrological Institute) is a premier Medical Institute under the Tibetan Government in-Exile, & was established by H.H the 14th Dalai Lama on 23rd March,1961 in Dharamsala, northern state of Himachal Pradesh, India for the sole objective of preserving & promoting Tibetan Medicine and Astrological Science. Men-Tsee-Khang is a Charitable, Cultural and Educational Institution registered under the Societies Registration Act of 1860 (No. 1290/79).

Men-Tsee-Khang initially began with a small solitary house with 2 Tibetan doctors, 1 senior Astrologer and couple of working staffs amidst the thick jungles of Mcleod Ganj, Dharamsala, up in the hilly regions of Himachal Pradesh. After initial trails and tribulations, it has now grown into full-fledged Medical Institute with more than 500 staff members and 48 Branch hospitals all over India and Nepal. The Institute houses 11 major departments as follows:

1. Administrative Department
2. Pharmaceutical Department
3. Tibetan Medical and Astrological College
4. Astrological Department
5. Clinical Research and Development
6. Materia Medica Department
7. Literary Research Department,
8. Herbal Product Research Department
9. Translation Department
10. Library and Museum
11. Hospital and Inpatient Department

With the increasing popularity of Tibetan medicine, Men-Tsee-Khang doctors and astrologers regularly visit Europe, Canada, USA, Russia, Japan, Thailand and many places in India for conferences, seminars, consultations, and exhibitions. The patient out-reach of Men-Tsee-Khang through all its branch clinics in the year 2006-07 was 4,41, 561 including all the patients who were provided with free or concessionary fee for the treatment.

1. Departmental Functions:

Tibetan Medical and Astrological College (TMAC)

Tibetan Medical and Astrological College was founded on 2nd June 1961 under the auspicious blessing of His Holiness the Dalai Lama. The main objective of

the College is to preserve the rich and ancient wisdom of traditional Tibetan medicine and astrological science, and to impart this wisdom to younger Tibetan generation and rest of the world.

Tibetan Medical and Astrological College opens admission once every fourth and fifth year after the graduation of the two preceding batches. New admission for maximum of 25-30 students is given after the graduation of each batch. in every five-year. The candidates are selected on merit basis through an entrance test. There is a quota of three seats for the Himalayan and other non-Tibetan candidates. The standard courses for Tibetan medicine and astrology is for five-years each plus a yearlong internship after which Kachupa (BTMS) degree is being awarded. Besides there are series of advance courses and professional avenues for attaining higher levels of professional degrees. So far, 247 doctors and 39 astrologers have graduated from Tibetan Medical and Astrological College and are working under Men-Tsee-Khang in different capacities.

TMAC's library houses wide range of books on Tibetan medicine, astrology, Buddhist philosophy, and other Tibetan literatures. It also has vast collection of books on other discipline of traditional medicines, modern medicines and and intellectual journals and is open to everyone.

2. Pharmacy Department

Pharmacology department is one of the largest departments in Men-Tsee-Khang. The department is responsible for the production of about 160 different medicines in various forms, such as decoctions, powders, pills, medicinal beverages, health tonics and medicinal pastes as well as precious herbo-mineral compounds. From here the medicines are dispensed to all the Men-Tsee-Khang's branch clinics in India and Nepal.

3. Research & Development Department

- a) Clinical Research Department
- b) Materia Medica Research Department
- c) Literary Research department
- d) Herbal Product Research Department

a) Clinical Research Department:

Coming as it is from the rich & uninterrupted legacy of highly skilled & enlightened healing Masters of the past, the efficacy of the Tibetan medicines were never questioned & had has served dutifully & effectively in serving the health needs of the Tibetan people over the centuries. Now with the ever-increasing popularity & demand of the Tibetan medicine in India & abroad, the need for scientifically proving the clinical effect of Tibetan medicine both qualitatively & quantitatively becomes an important issue in the context of international legal recognition. As such, the department has initiated many collaborative research projects and has successfully carried out several interesting clinical & drug researches, and many are still in the offing. Owing to

the blessings of His Holiness The Dalai Lama, many international scientific institutions have come forward to help collaborate with the department. Following are some of the projects that have been carried out so far with promising results.

i) Rheumatoid Arthritis: A pilot study on the effect of Tibetan medicine on patients with rheumatoid arthritis was done in collaboration with Institute of Biological Anthropology of Oxford University for three months from 1st May - 30th July 1994 at MTK branch clinic at McLeod Ganj, Dharamsala. The paper was published in Men-Tsee-Khang official Tibetan Journal in its IV volume.

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Another pilot study was done in collaboration with Dutch Foundation for Tibetan Medicine, Neitherland for 12 months from March 1996 - March 1997. Both the works are published in Men-Tsee-Khang official Tibetan Journal in its IV volume.

ii) Diabetes Study: Efficacy of Tibetan Medicine as an adjunct in the treatment of type-2 diabetes was carried out in collaboration with All India Institute of Medical Sciences (AIIMS), New Delhi, India. The study was undertaken to assess the efficacy of Tibetan Medicine when combined with a diet & exercise regimen compared with a diet & exercise regimen alone in controlling the blood glucose and glycated haemoglobin (GHb) in newly diagnosed or untreated type 2 diabetes. A total of 200 newly diagnosed or untreated type 2 diabetic patients, who were eligible and consented to participate in the trial, were recruited from two branch clinics of Mentsee'Khang. The report was published by Mentsee-Khang's official journal & American Diabetes Association, Inc, in Diabetes Care 24: 176-177, 2001.

ii) Diabetes Survey: A descriptive study was done to study the prevalence of diabetes mellitus in Tibetan settlements in South India in December 1997. There has been no reported study of DM among the Tibetan population. In this study, the crude prevalence rate of DM was 4.3%. DM can be considered to be a significant problem in this migrant Tibetan population. One also needs to take note of very high prevalence of hypertension in the Tibetan population. A note should also be made of a possibly high occurrence of cerebro-vascular disease. Separate studies on hypertension and stroke are needed to confirm their high prevalence.

iii) Cancer Study: Cancer is one of the most dreadful chronic diseases against which Tibetan Medicine has shown many remarkable improvements in various stages of the disease. The main objective of this study was to identify the type of cancer Tibetan Medicine is most effective; controlling the progression of the cancer in its varying stages; pain relieving effect; improving the quality of life & life span, and to identify the most active anti-cancer drugs. The base-line study went through 1998 - 2001 registering 638 Ca patients from 15 MTK's branch clinics.

Based on this preliminary study, a clinical study on ovarian cancer was designed in collaboration with All India Institute of Medical Sciences (AIIMS), New Delhi. The study proposal has been submitted to AIIMS's Ethical committee. The study will be commenced once it is accept by the Ethical committee.

iv) Toxicity Study against the Use of Heavy Metal in Tibetan Medicine in collaboration with Natural Medicine Research Unit, Hadassah Medical Organization, Jerusalem, Israel; Delek Hospital, Dharamsala, India; Dept. of Toxicology, Sheba Medical Center Tel Aviv, Israel and Dept. of Chemistry, University of Liverpool,U.K.

Heavy metals (gold, silver, copper, mercury, etc.) are part of precious gems and minerals, which forms 5-7% of medicinal substances used in Tibetan Medicine. They are totally detoxified applying highly sophisticated yet very scientific refinery method, which is part of the unique features of Tibetan Medicine. The study was planned in response to the numerous speculations & criticisms over the use of heavy metals in Tibetan Medicine, & to prove scientifically that these so called "Precious Jewel Pills" are quite safe for human consumption.

v) Cell Line Study: The purpose of this study was to explore the possible stimulating effects of the Tibetan Medicine called Pokar 10 in two cell types that have been stressed in an impoverished medium over 5 days. This study was carried out in May 2004 in collaboration with Tissue Culture laboratory at Portland Community College, Portland, Oregon, USA. Both cell types were fibroblasts, fast growing connective tissue cells secreting an extra-cellular matrix rich in collagen and other macromolecules. The Tibetan Medicine Pokar 10 is often given for the treatment of joint inflammation/pain and skin diseases.

vi) Hepatitis B Study: A clinical study on Hepatitis B was started from April 2004 to December 2004. It was an Open Randomized Control Single Centre Study. After obtaining patient's consent, 50 patients were selected following WHO selection criteria. The patients were grouped into two arms with one arm getting Specific Tibetan Medicine for Hep' B and another arm getting Traditional Tibetan Medicine for Hep' B. The primary objective was to evaluate the efficacy of Tibetan Medicine in treating Chronic Hepatitis B patient.

The result didn't display any conversion from positive to negative but it certainly showed significant improvement in Liver Function Test (LFT) and alleviating related symptoms. The paper is published in sMan-rTsis Journal, an official medical journal of Men-Tsee-Khang.

Public Health Intervention: Public Health Intervention is employed as one of the other means of improving the health care system in community by this deptt. Couples of projects that are on the floor are:

Diet Book: Diet is considered as one of the important tools in sustaining health and treating disease in Tibetan Medicine. This project comprises series of book on every aspect of diet from grains, vegetables and fruits -to- different forms of drinks. The first volume of this book series has been published both in Tibetan and English Language.

Health Education: In order to reach masses, a special program of educating common people about the health and diseases are initiated by using different media platforms like radio, local newspaper, electronic media and by delivering a public talk.

b) Materia Medica Department

The main objective of this department is aimed at documenting, data keeping & publishing works on Six Volumes of proper identification of Tibetan Medicinal plants and also to direct and control the quality of the raw materials used in the production of pills and herbal compounds. The quality control management is carried out through both traditional and modern quality assurance while keeping optimum preference on safety measurement.

This department also publishes books on Tibetan Materia Medica. Some of the books published are:

- The first Vol. Of The "Clear Mirror of Tibetan Medical Paintings", 1999
- "A key Dictionary of Synonyms on Tibetan Materia Medica" 1998
- The "Tibetan Medicinal Plants", 2001.

- The “ Traditional Methods of Compounding of All Eight categories of Materia Medica”, 2005

Traditional Medicinal Paintings

In the Tibetan Medical System, there are total of 79 medical paintings (Thangkas). The origination of these paintings goes back to Seventeenth century AD, which were painted by renowned Thangka painters of that time who were summoned by Desi Sangye Gyatso. These Thangkas of Tibetan medicine hold great historical legacy and serves as an important source of reference for students, researchers and Tibetan physicians. Likewise, the traditional illustrations of the high altitude medicinal plants in these Thangkas help in preserving the knowledge of identification of medicinal plants and to conduct studies and research. Currently the traditional Thangka painters of the department are supervised to produce exact replica of the complete set of the medical paintings.

Museum

MTK's museum under this department was inaugurated by H.H. the Dalai Lama on 23rd March 1997. The purpose of setting up this museum is to preserve the profound Tibetan medical system and fulfil the wishes of students, scholars and researchers from all over the globe. This museum encompasses old and new paintings, plant paintings, plant photographs as well as information related to the origination and contents in Tibetan medicine and astro. Sciences. Besides, it also displays various instruments related to these two sciences and numerous samples of herbs, plants, woods, rocks, salts, minerals, gems and precious minerals with vivid captions and their medicinal usage.

Herbarium

In 1990 this Dept established new Herbarium for the collection of Tibetan Medicinal plants specimens from Western Himalayas, Sikkim, Nepal and Tropical India. The Herbarium houses collections of many Tibetan Medicinal Plants collected during field explorations, which were conducted every year.

Quality Control

The medicinal plants identified through traditional systems are also analysed through the Modern quality control analytical techniques. The aim of such stringent quality control is:

Documentation on quality as a result of GMP including quality control:

- The qualitative and quantities composition of all ingredients.
- The manufacturing process
- Quality control of the starting material
- Quality control of the intermediates
- Quality control of the finished product
- Stability testing

Cultivation of Medicinal Plants

From the beginning of 1998, this institute has taken initiatives in the conservation of medicinal plants through cultivation. The cultivation are done in two different places – a small medicinal plants garden in Dharamsala, where trials on cultivation are being carried and another five acre land in Sonada, Darjeeling, where plants are propagated in a larger scale at an altitude of 2143 meters (approx. 7280 ft).

Few plants, particularly in the red list data of TRAFFIC INDIA and WWF, received special attention and care. This includes plants such as *Arctium lappa*, *Inula racemosa*, *Meconopsis* sp. & *Saussurea lappa* etc. We achieved satisfactory results over the years on all the above-mentioned plants.

Keeping in view the wholistic nature of the medicines, natural organic farming techniques were employed in conservation of medicinal plants with emphasis laid on in-situ conservation. These steps are never omitted during the cultivation practices.

c) Herbal Product Research Department (HPRD)

This department works in preserving and promoting the use of natural herbal products for human applications. All the products are prepared with utmost care and respect for the environment. Each new product is thoroughly researched blending modern methods with ancient Tibetan tradition and natural ingredients so as to reach the highest level of quality and standard. Currently the department is producing some 30 different herbal products right now under the brand name of "SORIG".

4. Literary Research Department

This department works mainly in the research, collection, documentation & reproduction of the original ancient scriptural works on Tibetan Medicine. Since its inception, the department has published many books relating to: research work, articles and reproduction of old medical text into book format to save the original texts from getting extinct. In addition, the department is also engaged in following important works:

- Analytical research and documentation of various medical texts of different discipline such as Indian Ayurveda, Unani, Allopathic medicine, etc.
- Analyses on Tibetan Medical Treatises written both in Tibet and in exile.
- Archiving of all the presentations and articles presented during the workshop and seminar on Tibetan Medicine.
- Acquiring old and rare texts from the places such as Ladakh, Garsha, Lahul, Spiti and in other Trans-Himalayan regions where Tibetan Tradition is followed.
- Collection & documentation of research articles and papers related to Tibetan Medicine.

3. 2. CHAGPORI TIBETAN MEDICAL INSTITUTE

Trogawa House
North Point
Darjeeling 734104
W.B. India
Tel: + 91-354-2270266
E-mail: chagpori@sify.com

Chagpori Medical College was initially established at Lhasa in Tibet, 1696 by Desi Sangye Gyatso, one of the foremost scholars of Tibetan Medicine & Astrology, in line with a divine wish of His Holiness The Great Fifth Dalai Lama.

Dr.Trogawa Rinpoche (late), a direct descendant of Chagpori medical lineage has reestablished the Chagpori Tibetan Medical Institute in March of 1992 at Darjeeling, West Bengal to promote its ancient medical tradition. It is a non-profit charitable organization registered under the West Bengal Societies Act XXVI of the 1961.

Chagpori has a Governing Board, who looks after the over-all policy and decision-making. The following department works under the office of administration.

1. Medical College
2. Clinic & dispensary
3. Pharmacy

The Academic session

The College has been training the medical students since 1992. The standard course is 5 years plus two years of internship in line with the Kachupa degree syllabus offered by Tibetan Medical and Astro. Institute (Men-Tsee-Khang) in Dharamsala.

The medium of instruction is Tibetan.

More than 30 medical students have graduated from the college till date.

Staff resource:

The Medical College.

Medical teachers	2	
Tibetan Language teacher	1	
English teacher		1
Graduating Students		9
New batch students 2008	16	
Supporting staffs:		4
Sub Total:		<hr/> 33

Pharmacy:

Chief Pharmacist: 1

Assistant pharmacist		1	
Office secretary		1	
Working staffs	10		
Sub Total:			14
Hospital staffs:			
Consulting doctors	3		
Medicine dispenser	1		
Sub Total:			4
Administrative staffs:			
Director		1	
Administrator	1		
Accountant	1		
Office secretary		1	
Driver	1		
Sub Total:			5
Total staff strength:		56	

3. 3. CENTRAL INSTITUTE OF HIGHER TIBETAN STUDIES

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

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.

Ayurvedigyan Department:

Bhot Ayurvedigyan Department under the faculty of Bhot Chikitsa Vidya(Tibetan System of Medicine) was established in 1993. Here, the medical students receives entire comprehensive teachings 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 of Bhot Ayurvigyan Department

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	
	Herbal Gardener	1	

3.4. Central Institute of Buddhist Studies

Choglamsar
Leh, Ladakh - 194104
Jamu and Kashmir
India
Tele Fax: 01982 - 264391

Background:

Prior to 1959, scholars, novices and monks of Ladakh used to go to Tibet in pursuit of higher monastic Buddhist education and return back to practice in their regional centers in Ladakh. This practice abruptly came to an end because of the changed political scenario of present Tibet since 1959. Hence, the Central

Institute of Buddhist Studies came into existence for imparting multi-disciplinary Buddhist education in this part of the country to preserve & promote its traditional learning systems. It was formally blessed & inaugurated by Ven. Ling Rinpoche, late senior tutor of His Holiness the Dalai Lama.

In its initial stage, the Institute had only ten scholars who hailed from different monasteries of Ladakh. The appointment of two teachers was made to instruct the students in Tibetan literature and Buddhist philosophy. From 1959 to 1961 for three years, the school was located at Leh after which, it was shifted to Spituk village about eight kilometers away from Leh in 1961. The Institute had its new set up in 1973 at Choglamsar, eight kilometers south-east of Leh. The Institute was registered in the year 1964 under the J&K registration Act 1998 (1941 AD) as an educational Institute. Following are the main subjects that are currently being taught at the Institute:

1. A comprehensive knowledge of Buddhist Philosophy, which includes the study of Ancient Treatises, History and Culture.
2. The study of languages, viz. Hindi, Sanskrit, English, Tibetan and Pali.
3. The study of modern subjects which includes History, Political science, Mathematics, Economics, comparative Philosophy, General science and Social studies.
4. The translation of Buddhist scriptures into Sanskrit, Hindi, English and other languages.
5. The collection, conservation and publication of rare manuscripts.
6. The organization of research works, furnishing research tools and necessary facilities.
7. The collection and conservation of objects de-arts of archaeological significances.
8. Study of "SOWA RIGPA" the traditional medical system that originated from Tibet.
9. Study of Sculpture, Thangka painting, Wood block Carving etc.

The separate department for the study of the Sowa Rigpa (Tibetan Medical System) was established in 1989. The department is also working in close collaboration with Men-Tsee-Khang, the Tibetan Medical & Astrological Institute in Dharamsala. The syllabus of the Sowa Rigpa is followed in line with that of Tibetan Medical College under Men-Tsee-Khang. After finishing 6 years of study, the medical students gets their Kachupa degree or the BTMS (Bachelor of Tibetan Medical System) from Tibetan Medical college after appearing for the final year Kachupa examination.

Strength & Resources:

Resource	No.
Current student	9
class room	1
Pharmaceutical unit	1

Storeroom for the storage of medicines	1	1
Consultation room	1	
Doctor	1	
Dispensary	1	
Common library		1

Future Plan:

A multi-purpose plan to build a full-fledged institute on “Sowa Rigpa” The Tibetan system of medicine in the Himalayan region has been taken up to accommodate prime infrastructure such as the facility of dispensary, laboratory, preservation and cultivation center, research & development unit, manufacturing unit, library, publication etc. Strength of teachers & students will be increased, and students will be provided the opportunity to do research in the pursuit of Ph.D. degree including the degree of M.D. B.T.M.S. and higher degrees of Tibetan Medicine under the Central Council of Tibetan Medicine, Dharamsala, (H.P) India. The above-mentioned plans are under the process of submitting to the Deptt.of AYUSH, India or Deptt.of Culture, Govt. of India.

4. RESEARCH AND DEVELOPMENT

Though not much of Research & Developmental activities on Tibetan Medicine is carried out in Exile India as compared to the work done on this by our Tibetan colleagues in Tibet, the subject matter is interestingly very extensive in the context of research work done on the Tibetan Medicine by foreigners as early as later part of 18th Century. However, we restrict our report on couple of interesting issues, drug research & clinical research etc.

Apart from Tibet’s close neighbors like India, China, Nepal & Mongolia with whom we share lots of common culture & fields of learning, many foreign countries like Russia, Japan, Hungary, Israel, Germany, & England has had taken scholarly interest in Tibetan Medicine as early as mid eighteenth century. Some reference articles on the Fundamentals of Tibetan Medicine, Dietary subject, drug research, Medical Thankas to the extent of translating the whole volumes of 1st and 2nd Great Tantras of *Gyud shi* have been taken up much before the 1959 Tibet. Drug research on some indigenous Tibetan herbs such as *Drosera peltata* (*Tag-ngu*), *Verbascum thapsus* (*Yugu-shing*), mineral exudate (*Dag-shun*), *Artemesia annua* (*Khen-nag*), *Hippophae rhamnoides* (*Tar-bu*), & now the latest international craze on Goji-berry (*De-Zerma*) scientifically known as *Lycium barbarum* has attracted the attention of serious global scholars to the commercial exploiters of world at large.

The incredible 16th century medical Thangkas depicting the whole chapters of 2nd Tantra of *Gyud shi* from Embryology to the anatomy & physiological parts have captured the imagination of many a staunch critics of Tibetan Medicine.

In exile, the clinical research department of TMAI, Dharamsala has engaged in many collaborative clinical research studies on the efficacy of Tibetan Medicine. Some of the important research works are given here as follows:

a) Clinical Research

- b) Materia Medica Research
- c) Literary Research

a) Clinical Research Department

Coming as it is from the rich & uninterrupted legacy of highly skilled & enlightened healing Masters of the past, the efficacy of the Tibetan medicines were never questioned & had served dutifully & effectively in serving the health needs of the Tibetan people over the centuries. Now with the ever-increasing popularity & demand of the Tibetan medicine in India & abroad, the need for scientifically proving the clinical effect of Tibetan medicine both qualitatively & quantitatively becomes an important issue in the context of international legal recognition. As such, the department has initiated many collaborative research projects and has successfully carried out several interesting clinical & drug researches, and many are still in the offing. Owing to the blessings of His Holiness The Dalai Lama, many international scientific institutions have come forward to help collaborate with the department. Following are some of the projects that have been carried it so far with promising results.

a. 1. Rheumatoid Arthritis:

A pilot study on the effect of Tibetan medicine on patients with rheumatoid arthritis was done in collaboration with Institute of Biological Anthropology of Oxford University for three months from 1st May - 30th July 1994 at MTK's branch clinic at McLeod Ganj, Dharamsala. There were 103 patients and it was a comparative study between Tibetan and Western medicine. The Tibetan Medicine treatment involves taking herbal pills, advises on diet, behavior and external application in the form of paste. Tibetan Medicine showed some 80% improvement in general health conditions & in relieving the pain as per the score point calculated mathematically. Western medicine showed faster relieve in alleviating pain while Tibetan Medicine showed more improvement in the joint movement. The paper was published in Men-tsee-khang official Tibetan Journal in its IV volume.

Another pilot study was done in collaboration with Dutch Foundation for Tibetan Medicine for 12 months from March 1996 - March 1997. The primary objective was to register the effect of TM on the treatment of patients with rheumatic diseases. It was an open label, non-interventional, single-center, phase IV pilot study. The patient received the TM next to their usual treatment, if any. After a year treatment, improvement can be seen in 9 out of 12 parameters. Since only subjective parameters were measured in this pilot study, a clinical trial measuring objective parameters (such as: hemoglobin, platelets, blood sedimentation rate and immunoglobulins) is crucial to prove if Tibetan Medicine can be of use in the treatment of patients with rheumatic diseases.

a. 2. Diabetes Study: Efficacy of TM as an adjunct in the treatment of type 2 Diabetes was done in collaboration with All India Institute of Medical Sciences (AIIMS), New Delhi, India. Diabetes is the most frequently seen chronic disease at Tibetan Medical Clinics. Ancient texts of Tibetan Medicine clearly mentions the successful management of Diabetes. Four different herbal formulations were selected to assess its effectiveness when compared alone with a diet & exercise regimen in controlling the blood glucose and glycated hemoglobin (GHb) in newly diagnosed or untreated type 2 Diabetes. A total of 200 newly diagnosed or untreated type 2 Diabetic patients, who were eligible and consented to participate in the trial, were recruited from two branch clinics of MTK.

At each centre, all of the 200 subjects, 136 men and 64 women, were randomised into two groups, the treatment group and the control group. Fasting blood glucose levels decreased by $12.2 \pm 30.5\%$ at 12 weeks and by $23.4 \pm 20.0\%$ at 24 weeks in the treatment group as compared with 7.4 ± 30 and $6.4 \pm 27.7\%$ in the control group. The PPG measurement was significantly lower in the treatment group at 12 and 24 weeks (decrease of 18.0 ± 31.2 and $23.4 \pm 27.1\%$) compared with the control group (decrease of 5.5 ± 32.9 and $10.0 \pm 41.2\%$). At 12 weeks, the percentage decrease in GHb levels was $1.9 \pm 35.8\%$ in the control group compared with $17.5 \pm 31.3\%$ in the treatment group. At 24 weeks, the decrease in GHb was $21.8 \pm 30.1\%$ in the treatment group compared with $6.7 \pm 29.3\%$ in the control group. There was no significant change in body weight, blood pressure, or serum lipids in either group.

This preliminary clinical research studies has proved beyond doubt the positive effect of the Tibetan medicines in controlling the diabetes mellitus. Further evaluation of the Tibetan medicines in treating patients with Diabetes Mellitus will require blinded placebo controlled trails, and comparison of this system with other oral hypoglycemic agents.

The American Diabetes Association, Inc published the study as an observation letter in Diabetes Care 24: 176-177, 2001. The study's full report was published by Men-Tsee-Khang and presented to His Holiness the Dalai Lama during His visit to MTK on 7th Dec' 2000.

a. 3. Cancer Study:

Cancer is one of the life threatening diseases Tibetan Medicine has shown a significant result depending on the stage of the disease. The need to design a clinical study was felt for a long time and during a meeting on cancer in 1996, it was decided to commence with a base-line study before launching on a more controlled clinical study. The objectives of this study was to identify the type of cancer where Tibetan Medicine has shown promising results; the stages of cancer; alleviating the symptoms; improving the quality of life & life span, and to specify the particular Tibetan drugs for cancer. The base-line study went through 1998 - 2001 registering 638 Cancer patients from 15 Men-tsee-khang branch

clinics. The study showed marked improvement in alleviating the symptoms; controlling the disease; improving the quality of life, & also in prolonging the life span. It was reported that 9 patients were completely cured.

Based on this preliminary study, a clinical study on ovarian cancer was designed in collaboration with All India Institute of Medical Sciences (AIIMS), New Delhi. The study proposal has been submitted to AIIMS's Ethical committee. The study will be commenced once it is accepted by the Ethical committee.

Clinical Case Study of Cancer:

Clinical Case Study of Cancer was carried out at Men-tsee-khang's Bangalore branch clinic. The case study was documented during the period of 27 months from November 2002 to February 2005. 647 cancer patients were registered in the study with almost equal proportion of patients from both the gender. 10 best cases were presented in this study with significant improvement from the Tibetan medicine. The full study report has been published in Volume IV, issue 1 of sMan-rTsis Journal, Men-Tse-Khang's official journal of Tibetan Medicine & Astrological Science.

a. 4. Toxicity Study (Use of Heavy Metal in Tibetan Medicine):

Heavy metals (gold, silver, copper, mercury, etc.) are part of gems and minerals, which forms 5-7% of medicinal substances used in Tibetan Medicine. They are purified applying sophisticated method, which is one of the unique features in Tibetan Medicine. There have been numerous speculations over the use of heavy metals in Tibetan Medicine over last few years. In response to that Men-tsee-khang has decided to design a toxicity study to authenticate this unique method of formulating purified mercury therapeutically.

The study was planned as an open, retrospective, controlled pilot study, constituting an initial feasibility stage of a larger, future prospective study. The study was done in collaboration with Natural Medicine Research Unit, Hadassah Medical Organization, Jerusalem, Israel; Delek Hospital, Dharamsala, India; Dept. of Toxicology, Sheba Medical Center Tel Aviv, Israel and Dept. of Chemistry, University of Liverpool, Liverpool, UK.

Study participants were recruited from the outpatients department of the Delek Hospital where Western medicine is practiced. The volunteers who agreed to act as controls were recruited from the personnel working at MTK, known to be in good health. A total of 11 participants (9 patients, 2 controls) were recruited into the study. Each participant was examined and questioned by Western trained physicians at the Delek Hospital for any physical symptoms that include cardiovascular evaluation and a neurological examination (tremor, peripheral sensory neuropathy, motor neuropathy and tunnel vision). An oral examination evaluated the presence of loose teeth and dental fillings. Blood and urine samples were taken for evaluation in the Delek Hospital laboratory.

For analysis of whole blood and urine for mercury levels, the samples were transported to Israel in ice pack through air courier. They were delivered by hand to the Dept. of toxicology, Sheba Medical Center, Tel Aviv, Israel.

Results: A total of 11 patients were evaluated for the study. They included 6 patients in Group I (mercury containing Tibetan Medicine as Precious pills), 3 patients in Group II (non-mercury containing TM) and 2 participants in Group III (Controls). General and neurological examination were normal in group I & II. The mean serum level of liver and renal functions tests were within the normal clinical range and did not differ significantly between treatment and control groups. Evaluation of urine samples for red blood cells and protein were negative in all 3 groups. Serum mercury levels were non-detectable in all patients in Groups I, II & III. Mean urinary mercury levels were under normal range.

Although the study was small representing only the feasibility stage of a larger, future prospective study, nevertheless the results are of interest. It demonstrate for the first time that the patients ingesting high levels of mercury present in certain Tibetan Medicine, over a pre-longed period of time, displayed little evidence of toxicity. The current study, although performed on only a small cohort of patients tend to support the hypothesis that a prolonged intake of the "purified" form of mercury, known in Tibetan Medicine as *Tsothel* is relatively non-toxic. These initials results are of particular interest in view of the growing popularity of Tibetan Medicine in the West, however there is no doubt that further research needs to be performed.

A much larger prospective clinical study should be undertaken in patients taking mercury-containing Tibetan Medicine, with periodic assessment of biochemical and clinical markers, as well as serial documentation of mercury levels in serum, urine, hair and other tissues. In addition, the potentially therapeutic effect of purified mercury and precious pills should also be evaluated using well-defined laboratory models to identify the specific bioactivity of these preparation.

The study report has been published in Human and Experimental Toxicology Journal and in official journal of Men Tsee Khang, Dharamsala, India.

a. 5. Cell Line Study:

The purpose of this study was to explore the possible stimulating effects of the Tibetan Medicine called Pokar-10 in two cell types that have been stressed in an impoverished medium over 5 days. This study was carried out in May 2004 in collaboration with Tissue Culture laboratory at Portland Community College, Portland, Oregon, USA. Both cell types were fibroblasts, fast growing connective tissue cells secreting an extra-cellular matrix rich in collagen and other macromolecules. The Tibetan Medicine Pokar-10 is often given for the treatment of joint inflammation/pain and skin diseases.

The cell submitted to concentrations of Tibetan Medicine were noticed to be growing “extensions” to their cytoplasmic material, appearing to reach specifically for the Tibetan compound, grabbing and engulfing bit of it. This movement in the direction of the Tibetan Medicine can be referred to as a positive chemo tactic response. Further testing would be required to continue documenting the earlier responses of the fibroblast cells, and also to attempt to understand and explain the physiological mechanisms by which the Tibetan Medicine was able to beneficially affect the culture cell line. The full report published in Volume IV, issue 1 of sMan-rTsis Journal, Men-Tse-Khang’s official journal of Tibetan Medicine & Astrological Science.

a. 6. Hepatitis B Study:

A clinical study on Hepatitis B was started from April 2004 to December 2004. It was an open randomised Control Single Center Study. After obtaining patient’s consent, 50 patients were selected following WHO selection criteria. The patients were grouped into two arms with one arm getting Specific Tibetan Medicine for Hep’ B and another arm getting general Tibetan Medicine for Hep’ B. The primary objective was to evaluate the efficacy of TM in treating Chronic Hepatitis B patient.

The result didn’t show any conversion from positive to negative serum test, but it certainly showed significant improvement in Liver Function Test (LFT) and alleviating related symptoms. The full report is published in Volume IV, issue 1 of sMan-rTsis Journal, Men-Tse-Khang’s official English journal.

The research projects which are on the floor:

1) The follow up study of Hepatitis B: Even though the study reports significant improvement in patient’s liver function test, the number of patients was small and the study was not strongly designed. A follow up study with larger number of patients and well-designed study is in progress in Tibetan settlement in South India.

2) The follow up study of toxicity study: Based on the retrospective study done on the use of heavy metals in Tibetan medicine and its positive results, it has become vital to do a much larger prospective clinical study on patients taking mercury-containing Tibetan Medicine, with periodic assessment of biochemical and clinical markers, as well as serial documentation of mercury levels in serum, urine, hair and other tissues. In addition, the potentially therapeutic effect of purified mercury and precious pills should also be evaluated using well-defined laboratory models to identify the specific bioactivity of these preparations.

3) Observational Study: To adopt an observational study in documenting a case report on the diseases Tibetan Medicine has shown to be effective like, cancer, arthritis, liver diseases, diabetes, etc.

4) Tibetan medicine as an adjunct treatment for Tuberculosis patient: To document and evaluate the efficacy of Tibetan medicine in reducing the hepatotoxicity in tuberculosis patient.

4. b. MATERIA MEDICA

Tibetan Medicine with its exhaustive knowledge of pharmacopoeia & materia medica has many authentic resource book enlisting its rich collection & data information on the use of various medicinal plants & seven other different categories of medicinal substances. The most authoritative & widely referred resource book namely Shel-gong-Shel-treng was written by Deumar Geshe Tenzin Phuntsok (1672-?) in the year 1727.

This is popularly known as one of the most comprehensive work on the principle of Tibetan Materia Medica. It describes the classification, nomenclature, quality, potency, use & therapeutic action of well over 2294 different medicinal substances in 13 different sections. The book contains two volumes called Dri-med Shelgong which was written in the form of slokas or root form while the 2nd volume namely Dri-med shel-treng was written as a commentary of the former.

The thirteen different sections of medicinal sources are as follows:

1. Gem medicine
2. Stone medicine
3. Mineral earth
4. Resinous extract
5. Tree derivatives
6. Shrubs
7. Green herbs
8. Mineral Salts
9. Animal extracts
10. Field crops
11. Water source
12. Heat source
13. Compounded medicine

List of some commonly used and Indigenous plants of Tibet are:

S.No.	Tibetan name	Botanical name	Common name
1	; ^o m-q-Gz-Bi ^o ü Saussurea likiangensis		
2	C-z, P.ü	Corydalis impatiens	Early fumitory
3	^Ü-; Uï-h; ¼-qôü Gentian robusta		
4	>Ââ-zhÝh-lô-Xiü Codonopsis thalictrifolia		

5	D β ^{1/4} - \bar{u}	Taraxacum sp.
6	F \hat{o} m-z β \bar{u}	Euphorbia stracheyi
7	D β - \bar{a} G- \bar{u} - ζ YP. \bar{u}	Equisetum arvense Field horsetail
8	E \bar{a} P- ζ k \bar{i} ^{1/4} - ζ \bar{a} G-q \hat{o} \bar{u}	Uncaria scandens
9	α Dm-mG	Artemisia Annu Mugwort
10	G-h \acute{Y} ^{1/4} \bar{u}	Geranium wallichianum Cranes bill
11	GP-G-V β P. \bar{u}	
12	l \bar{i} \bar{A} - α \bar{u}	Iris kemaonesis
13	L \acute{Y} -i \bar{a} \bar{A} - \bar{A} \bar{i} ^{1/4} -q \hat{o} \bar{u}	Senecio scandens
14	ζ K-B \bar{u}	Hedychium spicatum Wild Ginger
15	ζ K \hat{o} P-f \hat{o} G-q \hat{U} - \hat{o} f \hat{a} \bar{u}	Erysimum sp.
16	α Dm-q \hat{U} - ^{1/4} \hat{U} G \bar{A} \bar{u}	Artemisia sp.
17	ζ S \hat{o} -h \bar{i} - \bar{u}	Corydalis sp.
18	ζ S \hat{o} -h \acute{Y} G- α \hat{o} -Z \acute{Y} P. \bar{u}	Cynanchum Vincetoxicum (L.)
19	ζ U-z \bar{u}	Angelica glauca
20	ζ U \bar{i} - \pm \bar{u}	Ranunculus hirtellus Butter cup
21	V β - \bar{u}	Rheum sp. Rhubarb
22	V β - ^{1/4} β G- ζ \sim ^{3/4} - ^{3/4} G	Ranunculus tricuspis
23	\hat{o} W \hat{U} z- \bar{u}	Salvia sp.
24	\hat{o} W α -h,P \bar{A} -dG-P β . \bar{u}	Saxifraga sp.
25	ζ $\%_{\hat{o}}$ \bar{U} -z \bar{u}	Codonopsis vinciflora
26	ζ $\%_{\hat{o}}$ - ^{3/4} \hat{o} \bar{u}	Aconogonum alpinum
27	bP-; \acute{Y} m-h; ^{1/4} -q \hat{o} \bar{u}	Umbellifera
28	dG-P β . \bar{u}	Drosera peltata
29	ζ ez- \bar{A} iP. \bar{u}	Fraxinus rhynchophylla
30	ζ e ^{1/4} -z β \bar{u}	Hippophae rhamnoides
31	ζ eG- \bar{A} -h; ^{1/4} -q \hat{o} \bar{u}	Oxytropis microphylla
32	ζ eG- \bar{A} -mG-q \hat{o} \bar{u}	Oxytropis reniformis

33	ÇeôP-, Û ³ / ₄ ü	Corydalis meifolia	
34	fP-yôα-h; ¹ / ₄ -qôü	Prewalskia tangutica	
35	hÐ- ³ / ₄ ÛÄü	Rhododendron anthopogon var hypenanthum	
36	h ¹ / ₄ -»-;mü	Lepidium Apetalum Willd	
37	hÝ ¹ / ₄ -, Ûhü	Euphorbia Fischeriana Steud	Sunspurge
38	⁰ hα-zβ-;- ¹ / ₄ ü	Hippuris vulgaris	
39	ÇtP-Mmü	Gentiana sp.	
40	v-zü	Anaphalis bursad	Anaphalis
41	væ-h; ¹ / ₄ ü	Heracleum canicans	Hogweed
42	væ-mG	Heracleum candicans	
43	sÛ-»P-;Ýü	Dracocephalum tanguticum	
44	qβ-Äï ³ / ₄ - ⁻ iü	Dendrobium sp.	
45	q-»G- ⁻ -zü	Lancea tibetica	
46	ÇtP- ⁻ Û-hô-zôü	Pterocephalus hookeri	
47	hq ⁰ -zô-h; ¹ / ₄ -qôü	Phytolacca acinosa	Sweet Belladona
48	hq ⁰ -zô-Äï ¹ / ₄ -qôü	Phytolacca sp.	
49	wβ ¹ / ₄ -mG	Artemisia santolinifolia	
50	wô ¹ / ₄ - ⁻ Ûü	Impatiens sp.	
51	⁰ wP- ⁰ fÄü	Lonicera sp.	
52	fG-ÇtôÄü	Platygyra sp.	Pyrrosia leaf
53	fï-G	Thlaspi arvense	
54	zôP-h; ¹ / ₄ ü	Aconitum Hookeri (Maxim)	IndianAtis
55	zôP-hα ¹ / ₄ ü	Aconitum creagromrphum	
56	h,Û-αôP.ü	Clematis tibetana	
57	⁰ zβ-Äβ-ËP.ü	Medicago lupulina	
58	⁰ zα-qôü	Heracleum milefolium	
59	,-@P.ü	Delphinium sp.	Himalayan Larkspur
60	,Û- ¹ / ₄ βG-Ç ⁻ äG-qôü		Elsholtzia sp.
61	⁰ fÛ-d-Ä- ⁰² Ûmü	Fragaria nubicola	Wild strawberry
62	fG-B-Ë-zôü	Corallodiscus kingianus	

63	,Û-¼P̂G-Äi¼-qôü			Elsholtzia erios
64	,Û ⁰ P-¾-wP̂G	Arabidopsis himalaica	Alpencress	
65	äi-bôG-JÄP-Çoü	Pedicularis pectinat	Pyramidal Lousewort	
66	¥P-Û-vÄü	Coptis teetoides		
67	äÛP-Tm-mG-qôü			Cremanthodium
68	äÛP-Tm-Äi¼-qôü			Doronicum falco
69	- -äFÛÄü	Cicerbita macrorhiza		
70	- -Í-¶ü	Lloydia serotina		
71	±i¼-ÇSômü	Meconopsis horidulla	Blue poppy	
72	±¼-zôP.ü	Artemisia dracunculus		
73	hzP-¾G	Gynnadenia orchidis Lindl		
24	ä±iü	Ephedra minuta fiorin		
75	h,¼- -hGÝm- ⁰ zPü			Cordycep siner
76	ÿÛä-fÛG-¾iü	Rabdosia rugosa		
77	ÿÿ-äDmü	Symplocus paniculata		
78	G, i¼- ⁰ WôäÄü	Chrysanthemum tatsienense		
79	G, ⁰ -hÝG-h;¼-qôü			Thermopsis ba
80	G, ⁰ -hÝG-mG-qôü			Nepeta angusti
81	⁰ ô¾-äô-Äiü	Podophyllum hexandrum		
82	G» ⁰ -^Û-äü	Saxifraga sp.		
83	»P-äô-ähi ⁰ P- ⁰ ,Ûmü			Paraquilegia ar
84	¼P-dü	Sausseria lappa linc	Costus	
85	¼i-¼¾ü	Dryopteris sp.		
86	¼i-¿UG-qü	Stellera chamaejasme		
87	¼Û-Äôü	Ligularia Virgaurea (Maxim)	Sheathing Ground sel	
88	¼Ûm-Vim-«G	Piper cubeba		
89	¼Û-@ôm-Û-hä¼ü			Corydalis nep
90	¾P̂G-äÛG	Aster sp.		
91	¾P̂G-äP¼ü	Phlomis younghusbandii		
92	¾P̂G-¼P-Äi¼-qôü			Pedicularis lon

93	$\frac{3}{4}P-fP-\ddot{u}$	Hyoscyamus niger	
94	$\acute{A}Y\acute{G}-\pm\ddot{u}$	Juniperus squamata	Juniper
95	$\acute{A}P-i\hat{U}\frac{3}{4}\ddot{u}$	Primula sp.	Paigle
96	$\acute{A}Y-hG-mG-q\hat{o}\ddot{u}$	Acorus Calamus	Sweet Flag
97	$G\acute{A}\ddot{u}\frac{1}{4}-H\hat{U}-\alpha\ddot{u}-b\hat{o}G$	Herpetospermum pedunculatum	Golden Flower
98	$\acute{A}E\hat{o}-\frac{3}{4}\hat{o}-h;\frac{1}{4}-q\hat{o}\ddot{u}$		Solms-Laubach
99	$\acute{A}E\hat{o}-\frac{3}{4}\hat{o}-h\alpha\frac{1}{4}-q\hat{o}\ddot{u}$		Rhodiola crenulata
100	$\acute{A}\ddot{u}-L\hat{o}h\ddot{u}$	Rosa webbiana	Japanese Rose
101	$\acute{A}E\hat{a}z-;$	Anemone rivularis	
102	$\acute{A}Eh-h;\frac{1}{4}\ddot{u}$	Oxytropis ochrantha	
103	$\acute{A}Eh-mG$	Oxytropis sp.	
104	$\acute{A}E\hat{o}\frac{3}{4}-G\hat{o}P-q\ddot{u}$	Soroseris Hookeriana (Clarke)	
105	$\acute{A}P\acute{G}-q\ddot{u}$	Silene sp.	
106	$\acute{A}P\alpha-b\hat{U}G$	Saxifraga sp.	
107	$G\acute{A}\ddot{u}\frac{1}{4}-b\hat{U}G$	Saxifraga parnassifolia	
108	$\acute{E}\hat{o}P-\frac{3}{4}i\ddot{m}\ddot{u}$	Piccorhiza Kurroa Lin.	Hellebore
109	$\acute{I}P-b-q\frac{3}{4}\ddot{u}$	Meconopsis sp.	
110	$\acute{I}-=\hat{o}P.\ddot{u}$	Arenaria festucoides	
111	$\acute{I}P\acute{G}-V\hat{o}\acute{A}-h\alpha\frac{1}{4}-q\hat{o}\ddot{u}$		Incarvillea younghusbandii
112	$\acute{I}-z\hat{U}-\acute{A}\ddot{u}$	Fritillaria delavayi	

4. C. LITERARY RESEARCH

Working on this branch of research is an exhaustive affair as Tibetan Medical system takes pride in having one of the richest collection on ancient medical works. Notwithstanding the historical & political changes that have taken place in Tibet, many of these classic works exist only in names today. But we could still find the larger portion of this inexhaustible wealth of Tibetan medical literature in the modern book format thanks to the seriously relentless effort of our medical colleagues in Tibet.

In exile, the department of literary research of Men-Tsee-Khang, Dharamsala is engaged in taking up this important work. The department has done lot of work on research, collection, documentation & reproduction of many classical Tibetan

medical texts. In addition, the department is engaged in following other important works:

- Analytical research and documentation of various medical texts such as Indian Ayurveda, Unani, Allopathic medicine etc.
- Analysis on Tibetan Medical treatises written both in Tibet and in exile.
- Collection of articles written on the practices of Tibetan Medicine that are practicable and effective in treatment.
- Archiving of all the presentation and article presented during the international and national workshop and conferences on Tibetan Medicine.
- Acquiring old and rare texts from the places such as Tibet, Mongolia, Ladakh, Lahaul & Spiti, and from other Trans-Himalayan where Tibetan Buddhist tradition is followed.

The major source of the entire Tibetan Medical text is divided into three :

4. c. a. Pre-Buddhist Bon Medical text

Though there are many available and non available Bon medical text in the history of Tibetan Medicine. Following are some of the most popular and currently practice medical text.

1. Gso-rig bum-bzhi by Bon-ston Shenrab Mewo che
2. Dug-bcos-gyung-drung-'khyil-ba by dpyad-bu-khri-shes
3. 'chi-bdag-zhag-gcod-bde-bi-dbugs-'byin by Khyungtrul
Jigmed Namkhai Dorjee
4. Gso-rig rgyud-bum-smam-sbyor-stong-tsa by Khyungtrul
Jigmed Namkhai Dorjee

4. c. b. Medical references and Classical text in the Buddhist Canons (*Kagyur & Tangyur*)

There are approximately 21 references on medical teaching by Buddha in the Kagyur edition. Following are some of the important and widely used references:

1. 'phags-pa-dga-'bo-mngal-'jug-gi-mdo
2. 'phags-pa-mig-nad-rab-tu-zhi-bi-mdo
3. 'phags-pa-gzhang-'brum-rab-tu-zhi-bi-mdo
4. grum-bu'i-nad-zhi-bar-byed-p'ai-gzungs
5. skran-zhi-bar-byed-p'ai-gzungs
6. rims—nad-zhi-bar-byed-p'ai-gzungs
7. 'dul-ba-smam-gyi-gzhi
8. 'phags-pa gser-'od-dham-pa'i-mdo

Tengyur edition of the Buddhist Canon includes two: Short medical references and Classical medical text. There are over 63 short medical references. Following are some of the most popular and widely followed medical text:

1. sbyor-ba-brgya-pa (Yoga sataka)
2. sman-'tsho-b'i-mdo (Jiva Sutra)
3. slob-dpon-slu-sgrub-kyi-bshad-pa-sman-a-w'i-cho-ga
(Acaryanagarjunabhasita avabhisajakalpa)
4. sman-dpyad-yan-lag-brgyad-pai-snying-po'i-'grel-ba
(Vaidyastangahridayavrtti)
5. yan-lag-brgyad-pai-snying-po-bsdus-pa (Astangahridayasamhita-nama)
6. yan-lag-brgyad-pai-snying-po-zhes-bya-wai-sman-dpyad-kyi-bshad-pa
(Astangahridayasamhita-nama)
7. yan-lag-brgyad-pai-snying-po'i-rnam-par-'grel-ba-tsig-gi-don-gyi-zla-ser
(Padarthacandrikaprabhasa-nama-astangahridayavivrti)

4.c. c. List of texts written by eminent Tibetan physicians and experts

1. Title: bdud rtsi snying po yan lag brgyad pa gsang ba man ngag gi rgyud
Author: Yuthog Yonten Gonpo - I (708 - 833AD)
2. Title: sman dpyad zla ba'i rgyal po
Author: Nagarjuna
3. Title: bso dpyad rgyal po'i dkor mdzod
Author: Jetsun Drakpa Gyaltsen (1147 - 1216)
4. Title: cha lag bco brgyad
Author: Yuthog Yonten Gonpo - II (1112-1203)
5. Title: bshad-rgyud kyi grel pa 'bum nag gsal sgron
Author: Sumton Yeshe Zung (12th Cen.)
6. Title: skyem-'grel
Author: Kyempa Tsewang
7. Title: man ngag bye ba ring bsrel
Author: Zurkhar Nyamnyi Dorjee (1439-1475)
8. Title: rgud bzhi'i 'grel pa mes po'o zhal lung
Author: Zurkha Lodoe Gyalpo (1509-1579)
9. Title: Be d'ur sngon po'i malli ka zhes bya ba
Author: Desi Sangye Gyatso (1653-1705)
10. Title: gSo-rig khog 'bugs
Author: Desi Sangye Gyatso (1653-1705)
11. Title: man ngag lhan thabs

- Author: Desi Sangye Gyatso (1653-1705)
12. Title: Dri med shel gong shel phreng
Author: Dilmar Geshe Tenzin Phuntsok (1672-)
 13. Title: Rin chen-dngul chu sbyor sde phyogs bsdebs
Author: Mipham (Ju mi pham)
 14. Title: rnam rgyal a ru ra'i phreng ba'i mdzes rgyan
Author: Lungrig Tendar (1835-1915)
 15. Title: zin tig gces btus bdud rtsi thig pa
Author: Jamgon Kong Sprul Yontan Gyatso
 16. Title: bdud-rtsi-bum-bzang
Author: Rev. Khenrab Norbu (1883-1962)
 17. Title: Nus-pa-phyogs-bdus
Author: Rev. Khyenrab Norbu
 18. Title: 'brong-tse-be-bum
Author: Dongtse Lhasas
 19. Title: sman-mchog-ae-wam
Author: Situ Karma Ngeleg Tenzin
 20. Title: ro-nus-zhu-rjes-sbyar-thabs-kyi-rdel-'grem
Author: Dilmar Geshe Tenzin Phuntsok
 21. Title: byang-khog-yul-thig
Author: Ju Mipham
 23. Title: byis-pa-btsa-thabs-kunphen-zla-w'i-melong
Author: Rev. Khenrab Norbu
 24. Title: lus-thig-zla-b'i-norbu
Author: Mipham Gelek Namgyal
 25. Title: tikka-munsel-sgron-me
Author: Vairocana
 26. Title: bi-ji-poti-kha-ser
Author: Tsampa Shilaha
 27. Title: bga than shel brag ma

- Author: Gu ru Padma Jungne
28. Title: bdud rtsi bum chen bum chung
Author: Lhopon Padma Jungne
 29. Title: dngyul-chu-grub-pa'i-bstan-bcos
Author: Lhopon Lhale
 30. Title: snyan-brgyud-be-bum-nag-po
Author: Kyebu Melha
 31. Title: sman-dpyad-zda-ba'i-rgyal-po
Author: Phakpa Jampel Yang
 32. Title: bla-sgrub-sdug-bsngal-mun-sel-thugs-rje-nye-'od
Author: Yuthog Yonten Gonpo
 33. Title: bu-don-ma
Author: Yuthog Yonten Gonpo
 34. Title: man-ngag-shog-dril-skor-gsum
Author: Yuthog Yonten Gonpo
 35. Title: rdzong-'phrang-'phrul-gyi-lde-mig
Author: Yuthog Yonten Gonpo
 36. Title: sngo-'bum-chen-mo
Author: Yuthog Yonten Gonpo
 37. Title: sman-pa'i-bya-ba-mdor-nsdus
Author: Yuthog Yonten Gonpo
 38. Title: lag-len-pod-chung
Author: Yuthog Yonten Gonpo
 39. Title: gyu-thog-snying-ma'i-rnam-thar
Author: Jowo Lhugrub Tashi
 40. Title: rtsa-rgyud-'grel-pa-rgyud-don-rap-gsal
Author: Dangti Palden Tsojed
 41. Title: phyi-rgyud-'grel-pa tshul-gsum-snang-ba
Author: Dangti Palden Tsojed
 42. Title: ma-la-ya'i-dka-'-'grel
Author: Dangti Palden Tsojed

43. Title: drang-srong-rtogs-brjod
Author: Dangti Palden Tsojed
44. Title: byang-khog-thig-'grems
Author: Dangti Palden Tsojed
45. Title: thang-phye-'grel-ba
Author: Dangti Palden Tsojed
46. Title: pod-dmar
Author: Gongman Konchok Deleg
47. Title: sman-ming-brda-sprod
Author: Gongman Konchok Deleg
48. Title: ro-nus-sdeb-sbyor
Author: Gongman Konchok Deleg
49. Title: snog'i-'khrung'dpe-don-bsdus
Author: Gongman Konchok Deleg
50. Title: nyams-yig-brgya-rtsa
Author: Gongman Konchok Deleg
51. Title: dngyul-chu-btso-bkru-chen-mo'i-zhal-gdams
Author: Ugyenpa Rinchen Pal
52. Title: sman-ming-rgya-mtsho
Author: Karma Rangjung Dorjee
53. Title: bshad-'grel-bdud-rtsi-chu-rgyun
Author: Jangpa Namgyal Dagsang
54. Title: sman-gzhung-rin-chen-sgrom-bu
Author: Jangpa Namgyal Dagsang
55. Title: 'phrul-gyi-yig-chung
Author: Jangpa Namgyal Dagsang

4. c. d. List of popular medical books written after 1959 in and outside Tibet

a. Books on Tibetan Medicine in English authored by Tibetan Scholars

1. Title: The Ambrosia Heart Tantra
Author: Dondhen, Dr.Yeshi (Translated by Jhampa Kelsang).

- Publisher: LTWA, Dharamsala, 1977
2. Title: Health Through Balance
Author: Dondhen, Dr.Yeshi.
Publisher: Snow Lion Publication, 1986
 3. Title: Tibetan Medicine
Author: Rinpoche, Rechung
Publisher: California press, 1976
 4. Title: Healing from the Source
Author: Dondhen, Dr.Yeshi.
Publisher: Snow Lion Publication, 2000
 5. Title: Fundamentals of Tibetan Medicine
Author: T.J Tsarong
Publisher: Men Tsee Khang, Dharamsala, India, 1981
 6. Title: Handbook of Traditional Tibetan Drugs
Author: T.J Tsarong
Publisher: Tibetan Medical Publications, Kalimpong, 1981
 7. Title: Lectures on Tibetan Medicine
Author: Dolma Khangkar, Dr. Lobsang
Publisher: LTWA, Dharamsal, 1988
 8. Title: The Tibetan Book of Healing.
Author: Rappgay, Dr. Lopsang
Publisher: Pilgrims Publishing House: Varanasi, India.
 9. Title: Tibetan Medicine -a holistic approach to better health
Author: Rappgay, Dr. Lopsang
Publisher: Dharamsla, 1984
 10. Title: The Art of Tibetan Medical Urinalysis
Author: Rappgay, Dr. Lopsang
Publisher: Printed at Sona printers, Delhi
 11. Title: Tibetan Book of Healing
Author: Rappgay, Dr. Lopsang
Publisher: Passage Press, 1996, Salt Lake City
 12. Title: Tibetan Therapeutic Massage
Author: Rappgay, Dr. Lopsang
Publisher: Dharamsala, 1986
 13. Title: Principles of Tibetan Medicine
Author: S. Bradley, Dr. Tamdin
Publisher: Thorsons-Publication, Great Britian, 2000
 14. Title: Tibetan Medical Paintings
Author: Dorjee, Gyurmed: Meyer, Fernand: Yuri Parifionovitch
Publisher: Serinda publication, 1992
 15. Title: Tibetan Medicine-The Healing Science of Tibet
Author: Dr. Tsering Thakchoe Drungtso

- Publisher: Drungtso Publications, 2004
16. Title: Tibetan-English Dictionary of Tibetan Medicine & Astrology
(Revised and Enlarged Edition)
Author: Dr. Tsering Thakchoe Drungtso and T. Dolma
Publisher: Drungtso Publications, 2005
 17. Title: Healing Power of Mantra-The wisdom of Tibetan Healing Science
Author: Dr. Tsering Thakchoe Drungtso
Publisher: Drungtso Publications, 2006
 18. Title: Basic Concepts of Tibetan Medicine-A Guide to Understanding
Tibetan Medical Science
Author: Dr. Tsering Thakchoe Drungtso
Publisher: Drungtso Publications, 2007
 19. Title: Dictionary of Tibetan Materia Medica.
Author: Dr. Pasang Yonten Arya (Translated by Dr. Yonten Gyatso)
Publisher: Motilal Banarsi Dass, India, 1998.
 20. Title: My Life My Culture
Author: Dr. Lobsang Wangyal (Translated by Bhuchung D. Sonam &
Dhondup Tsering)
Publisher: Ridak Publication, Dharamsala, India, 2007
 21. Title: Clear Mirror of Tibetan Medicinal Plants
Author: Dr. Dawa (Translated by Team of Doctors)
Publisher: Tibet Domani, Italy, 1999
 22. Title: Tibetan Medicinal Plants
Author: Dr. Tenzin Drakpa (translated by Bhuchung D.
Sonam)
Publisher: Paljor Publications, 2007
 23. Title: The Spiritual Medicine of Tibet
Author: Dr. Pema Dorjee with Janet Jones and Terence
Moore
Publisher: Watkins, 2006
 24. Title: Tibetan Medicine, Series of journals (9 booklets)
Author: Various authors
Publisher: LTWA, Dharamsala
 25. Title: *sMan rTsis* Journal
Author: Various authors
Publisher: Men Tsee Khang, Dharamsala, India
 26. Title: Tibetan Medical Dietary Book: Potency & Preparation of
Vegetables (vol. 1)
Author: Dr. Yangbum Gyal (Translated by Dr. Tenzin Namdol)
Publisher: Men Tsee Khang, Dharamsala, 2007
 27. Title: Tibetan Medicine: The Buddhist Way of Healing

- Author: Dr. Dolkar Khangkar
 Publisher: Roli Books Pvt. Ltd, 2002
28. Title: Medicine and Compassion
 Author: Chokyi Nyima Rinpoche
 Publisher: Wisdom Publications, 2006
29. Titles: Ancient Materia Medica
 Author: Dr. Smanla T. Phuntsog
 Publisher: Paljor Publications, 2006
30. Title: Tibetan Medicine
 Author: Dr. Dawa, Dr. T. Dorjee Dekhang, Dr. Kletter, Dr. Monika K.,
 Prof. Holzner, Prof. Kubilka
 Publisher: Scientific Publisher, Stuttgart, Germany
- b. Books on Tibetan Medicine in English authored by non-Tibetan Scholars
1. Title: The Quintessence Tantras of Tibetan Medicine
 Author: Clark, Dr. Barry
 Publisher: Snow Lion Publications, 1995
2. Title: Tibetan Buddhist Medicine and Psychiatry
 Author: Clifford, Terry
 Publisher: The Aquarin press, 1984
3. Title: Tibetan Medicine and Other Holistic Health Care
 Systems
 Author: Dummer, Tom
 Publisher: Paljor Publications, 1994
4. Title: Tibetan Healing Handbook.
 Author: Dunkenberger, Thomas
 Publisher: Pilgrims Publishing House: Varanasi, India
5. Title: Tibetan Medicine " East meets West - West meets East",
 Author: Aschoff, Jurgen C. / Ina Rosing
 Publisher: University of Ulm/Germany, 19/20th July 1996.
6. Title: Encyclopedia of Tibetan Medicine, Vol. 1,2,3,4,
 Author: Vaidya Bhagwan Das
 Publisher: Shri Satguru Pubication, Delhi, 1994
7. Title: Pharmacopoeia of Tibetan Medicine
 Author: Vaidya Bhagwan Das
 Publisher: Shri Satguru Pubication, Delhi, 1994
8. Title: Positive Health in Tibetan Medicine
 Author: Vaidya Bhagwan Das

- Publisher: Shri Satguru Pubication, Delhi, 1991
9. Title: Tibetan Precious Pills-The Rinchen Medicine
Author: J urgen C. Aschoff & T.Y. Tashigang
Publisher: Germany, 2001
 10. Title: Mind and Mental Health in Tibetan Medicine
Author: Collections of essays
Publisher: Potala Publications, NY, 1988
 11. Title: Studies in Tibetan Medicine
Author: Elisabeth Finckh
Publisher: Snow Lion Publications
 12. Title: Tibetan Medicine: A Practical and Inspirational Guide to
Diagnosing, Treating and Healing the Buddhist way
Author: Gerti Samel
Publisher: Little, Brown Book Group, 2001
 13. Title: Tibetan Ayurveda: Health Secrets from the Roof of the World
Author: Robert Sachs
Publisher: Healing Arts Press, 2001
 14. Title: Padma-The Jewel of Tibetan Remedies
Author: Gabriele Feyerer
Publisher: New Age Books, 2005
 15. Title: The Medicine Buddha
Author: David Crow
Publisher: New Age Books, 2006
 16. Title: Healing Herbs: The Heart of Tibetan Medicine
Author: Badmajew, et al
Publisher: Red lotus Press, Berkeley
 17. Title: Introduction to Tibetan Medicine
Author: Luigin Vitiello
Publisher: Wisdom Publications, London
 18. Title: The Tibetan Art of Healing
Author: Theodore Burang
Publisher: Robinson and Wartkins Books, London
 19. Title: Tibetan Medicine with Special Reference to Yoga Sataka
Author: Vaidya Bhagwan Dash
Publisher: LTWA, Dharamsala, 1985

20. Title: Formulary of Tibetan Medicine
Author: Vaidya Bhagwan Dash
Publisher: Classics India Publications, Delhi, 1988

c. Books on Tibetan Medicine written in Tibetan language after 1959 in and outside Tibet

1. Title: Gso rig snying 'dus skya rengs gsar pa.
Compiled by: Tibetan medicine literary research centre, Men Tsee Khang,
Lhasa, Tibet.
Publisher: Bod ljong mi dmangs dpe skrun khang / Peoples's Publishing House, 1979
2. Title: Gangs ljongs gso rig bstan pa'i rim byon gyi rnam thar
Author: Jampa Thinlay
Publisher: Bod ljong mi rigs dpe skrun khang / People's Publishing House, 1990
3. Title: Gso rig rgyud bzhi 'grel chen drang srong zhal lung
Author: Khroru Tsenam
Publisher: Si khron mi rigs dpe skrun khang / People's Publishing House, 2000
4. Title: Gso wa rig pa'i tsig mzod gyu thog dgongs rgyan
Author: Gojo Wangdu
Publisher: Mi rigs dpe skrun khang / People's Publishing House, 1983
5. Title: Bdud rtsi sman gyi 'khrungs dpe legs bshad nor bu'i phreng mzas
Author: Karma Choephel
Publisher: Bod ljongs mi dmangs dpe skrun khang / People's Publishing House, 1993
6. Title: Krung go'i gso rig kun 'dus las bod kyi gso wa rig pa
Author: Thuptan Phuntsok and Jampa Thinlay
Publisher: Bod ljong mi dmangs dpe skrun khang / People's Publishing House, 1990
7. Title: 'khrung dpe dri med shel gyi me long
Author: Gawai Dorjee
Publisher: Mi rig dpe skrun khang / People's Publishing House, 1995
8. Title: bod kyi gso rig gyi sems kham rig pa dus rabs khe'u gsar pai rang mdangs
Author: Jado Klujam Gya

- Publisher: Tso nyon mi rig dpe skrun khang / People's Publishing House, 2000
9. Title: Gangs ljongs gso rig rgya mtso'i 'jung ngogs
Author: Kunchok Gyaltsen
Publisher: Mi rigs dpe skrun khang / People's Publishing House, 1996.
 10. Title: Rgyun spyod bod sman gyi phan yon lad deb
Author: Penpa Tsering
Publisher: Men Tsee Khang, Dharamsala, India, 1996
 11. Title: Bod kyi gso wa rig pa'i 'byung khungs la rob tsam dpyad pa gzur gnas dgyes pa'i gnam.
Author: Choelothar.
Publisher: Men Tsee Khang, Dharamsala, India, 2000.
 12. Title: Gso rig rgyud bzhi las 'khros pa'i shes bya'i rnam grangs.
Author: Dorjee.
Publisher: Tso nyon mi rigs dpe skrun khang / People's Publishing House, 1995
 13. Title: Rgyun mthong nad rigs gso thabs
Author: Tsultim Gyatso
Publisher: Kan su mi rigs dpe skrun khang / People's Publishing House, 1994
 14. Title: Mdo dbus mtho sgang sman ris gsal wai me long
Compiled by: Natural substance investigation institute, Tso Nyon and Tibetan Medicine Centre, Thunring.
Publisher: Tso nyon mi rigs dpe skrun khang / People's Publishing House, 1976
 15. Title: Bod sman kun 'dus ming mzdod
Author: Kalsang
Publisher: Tso nyon mi rigs dpe skrun khang / People's Publishing House, 1999
 16. Title: Bod kyi gso rig snying nor gches bsdus.
Author: Thuptan Phuntsok
Publisher: Zi khron mi rigs dpe skrun khang / People's publishing House, 1997
 17. Title: Bod kyi gso wa rig pa'i lo rgyus kyi bng mzdod gyu thog la ma dran pa'i pho nya.
Author: Pasang Yontan
Publisher: Yuthog Tibetan Medicine Institute, 1988

18. Title: Sman sbyor legs bsgrigs yang sal sgron me.
 Author: Thupa Tseing and Kunchok Thinlay
 Publisher: Kan su mi rigs dpe skrun khang / People's Publishing House, 1992
19. Title: Gso dpyad kyi rnam bshad.
 Author: Thuptan Phuntsok
 Publisher: Mi rigs dpe skrun khang / People's Publishing House, 2000
20. Title: Lus nad gnyen po bdag nyid gcig par 'brel tsul
 Author: Tenzin Choedak, Personal Physician to His Holiness the Dalai Lama
 Publisher: Men Tsee Khang, Dharamsala, India, 2001
21. Title: Rtsa rLung thig le gsum gyi rnam bzhag
 Author: Tenzin Choedak, Personal Physician to His Holiness the Dalai Lama
 Publisher: Men Tsee Khang, Dharamsala, India, 2000
22. Title: Me btsa'i rnam bshad mthong wa don lden
 Authors: Dhungkar and Dhondup Tsering
 Publisher: Mi rigs dpe skrun khang / People's Publishing House, 2000
23. Title: Rgyun dpyod bod sman sbyor phan rnam grang kun gsal me long
 Author: Tashi
 Publisher: Bod ljong mi rigs dpe skrun khang / People's Publishing House, 1995
24. Title: Bod kyi gso wa rig pa'i tsig mzdod
 Compiled by: Dictionary Editorial Committee
 Publisher: Si khron mi rigs dpe skrun khang / People's Publishing House, 1994
25. Title: Bod kyi skye dngos rig pa'i spyi don
 Author: Rinchen Gyal
 Publisher: Bod ljong mi rigs dpe skrun khang / People's Publishing House, 2004
26. Title: Rgyun spyod bod sman lag deb
 Author: Lobsang Norbu
 Publisher: Bod ljong mi smangs dpe skrun khang / People's Publishing House, 1990

27. Title: snyids dus 'gro wai srog gyi gshed ma aeds zhes pa deng
dus kyi gnyan rims gdug ps chen der dpyad zhib bgyis pa'i
dpyad yig thong wa don ldan dge
Author: Dorjee Rabtan
Publisher: Men Tsee Khang, Dharamsala, India, 1991
28. Title: Bod kyi gso wa rig pa'i sman rzes rnam spyod yul sman
sbyor gang du gsal wa btso sbyang zhun thigs
Author: Tsering Norbu
Publisher: Men Tsee Khang, Dharamsala, India, 2005
29. Title: Sman sbyor nus pa phyog bsdus phan bde'i 'byung gnas
Author: Penpa Tsering
Publisher: Men Tsee Khang, Dharamsala, India, 2006
30. Title: Sman ming tsig mzdod blo gsar sgo 'byed lde mig
Author: Tsering Norbu
Publisher: Men Tsee Khang, Dharamsala, India, 1998
31. Title: Sbrum ma'i 'phrod bstan dang byis pa nyer spyod skor gyi
shes bya
Author: Pema Dorjee
Publisher: Men Tsee Khang, Dharamsala, India, 2003
32. Title: Bod kyi tso wa zes skom las sngo tsal gyi phan yon dang lag
len
Author: Yang Bum Gyal
Publisher: Men Tsee Khang, Dharamsala, India, 2004
33. Title: Bod lugs sman rtsis tsig mzdod dbyin bod shan sbyar
Authors: Tsering Thakchoe Drungtso and Tserinig Dolma Drungtso
Publisher: Drungtso Publication, Dharamsala, India, 2005
34. Title: Bod kyi gso wa rig pa las sman rzdas sbyor bzo'i lag len
gsang sgo 'byed pa'i lde mig
Author: Dawa Dakpa
Publisher: Ridak Publication, Dharamsala, India, 2003
35. Title: Bod kyi gso rig sman ris gsal wai me long
Author: Dawa
Publisher: Men Tsee Khang, Dharamsala, India, 1997
36. Title: Sman ming tsig mzod blo gsar sgo byed lde mig
Author: Tsering Norbu
Publisher: Men Tsee Khang, Dharamsala, India, 1998

37. Title: Nyams gsog sman pa'i lam ston nyams yig phyog bsdus
 Author: Pema Dorjee
 Publisher: Men Tsee Khang, Dharamsala, India, 2004
38. Title: Bod lungs gso rig tsig mzdod chen mo
 Author: Men Tsee Khang, Lhasa, Tibet
 Publisher: Mi rigs dpe skrun khang / Peoples's Publishing House, 2006

5. Tibetan Pharmacology

Tibetan pharmacological study is one of the most intricate & comprehensive works left behind by the past Masters & Scholars whose knowledge & understanding of the subjects is genius in itself. Pharmacology has been one of the areas where the highly enlightened Tibetan Masters of the past have done extensive works & hundreds of standard books are still available. Tibetan medicine believes that there is no substance on this earth, which does not have any medicinal values, but how to make them therapeutically active ingredients is the subject of intense study.

The basic principle on which the Tibetan pharmacology or medicine making revolves around the concept of five Cosmo- physical elements, six tastes, three post-digestive taste, eight potency & seventeen therapeutic qualities. Every phenomenon whether animates or inanimate, macrocosmic or micro-cosmic are made up of five Cosmo physical elements. The environment in which we live, the human body, foods, diseases, medicines are all composed of these vital elements. This in turn gives rise to various taste, potency & qualities of the medicinal substances.

Five Cosmo-physical elements are:

- 1 Earth: gives shape & solidity to the substance
2. Water: binds the things together or acts as cohesive energy
3. Fire: matures
4. Air: movement
5. Space: gives room for further development.

The Six Tastes:

Earth + Water =	Sweet
Fire + Earth =	Sour
Water + Fire =	Salty
Water + Air =	Bitter
Fire + Air =	Spicy or hot
Earth + Air =	Astringent

The three post-digestives are:

1. Sweet,
2. Sour
3. Bitter

The Eight Potencies are:

1. Heavy
2. Oily
3. Cooling
4. Blunt
5. Light
6. Rough
7. Hot
8. Sharp

The Seven therapeutic Qualities are as follows:

1. Smooth
2. Heavy
3. Heating
4. Oily
5. Stable
6. Cold
7. Blunt
8. Cooling
9. Flexible
10. Pasty
11. Dry
12. Pale
13. Hot
14. Light
15. Sharp
16. Rough
17. Mobile

The Twenty characteristics of the disease:

1. Rough
2. Light
3. Cold
4. Slender
5. Hardness
6. Mobile
7. Oily
8. Sharp
9. Hot
10. Pungent
11. Purgative
12. Fluidity
13. Oily
14. Cooling
15. Heavy

16. Blunt
17. Smooth
18. Hardness
19. Pasty
20. Slight Oily

The drug action mechanism is based on the assumption that seventeen qualities of the medicinal substances should neutralize the twenty characteristics of the disease agent thereby restoring the dynamic equilibrium of the body system. The ingredients are combined in line with their taste, potency and post digestive taste. Some ingredients work with their taste dominating the actual therapeutic effect, others with its potency or post digestive taste.

In order to obtain the maximum efficacy of the manufactured medicines, seven essential limbs of the Good manufacturing practise are followed:

- 1) Collecting the herbs from their right habitat.
- 2) Collecting the herbs at right time and season,
- 3) Curing & Drying of the plant in controlled environmental condition.
- 4) Utilization of the plant within its storage life.
- 5) Detoxification of its toxic elements.
- 6) Deactivation of insoluble parts & activating their therapeutic values
- 7) Putting the right combination of herbs in line with their taste, potency & post digestive taste to obtain the maximum medicinal value.

The 17th century popular Tibetan pharmacopoeia; *Shel-gong-shel-treng* is one of the most authentic & comprehensive pharmacopoeia work written by Duemar Geshi Tenzin Phuntsok. It gives a detail accounts of the different categories & sub-categories of the medicinal substances ranging from precious & semi-precious gems, metals, minerals, herbs, shrubs, resinous, tree derivatives, & different salts adding to a total of two thousand two hundred ninety four medicinal substances. Notwithstanding all these numbers, There are about 3456 herbal formulations documented in the standard pharmacopoeia published in Tibet. Currently, Mentsee-Khang, the model premier Institution in Exile Tibetan Community, employs approximately 308.00 different medicinal ingredients, out of which, it produces about one hundred seventy eight different medicinal formulations.

5. List of Tibetan Medical Practitioner registered under CCTM

Registration no.	Name	Address
CCTM/QMP/3001/2006	Pema Dorjee	Sorig Literary Research Men-Tsee-Khang Tibetan Medical & Astro. Institute Gangchen Kyishong Dharamsala - 176215 Distt Kangra (H.P.) India E-Mail tmai@vsnl.com Tel: 01892-223113/307068/307069 Fax: 01892-224116 Mob: 094181-01772
CCTM/QMP/3002/2006	Tsewang Tamdin	Tibetan Medical & Astrological College, Men-Tsee-Khang, Gangchen Kyishong Dharamsala - 176215 Distt Kangra (H.P.) India E-Mail tsetam7@yahoo.com Tel: 01892-223113/307068/307069 Fax: 01892-224116 Mob: 098166-57381
CCTM/RMP/3003/2006	Passang Gyalmo	Dr. Dolma Memory Clinic Dekyi Khangkar P.O. McLeod Ganj - 176219 Himachal Pradesh

India

E-Mail khangkar2001@yahoo.com

Tel: 01892-21668

Mob: 094181-01350

CCTM/RMP/3004/2006 Rinchen Tenzin Tibetan Bonpo Monastery
Dolanji, P.O.Kotla Panjola
Via Oachghat, Near Solan
Distt. Sirmour
Himachal Pradesh - 173223
India

Tel: 01799-253003 (O)
Mob: 098160-51388

CCTM/QMP/3005/2006 Tenzin Loden C/O Dr. Pasang Dolkar
Men-Tse-khang
(Tibetan Medical & Astro. Institute)
Branch Clinic
Sevoke road (Siliguri)
P.O.Salugara, Distt: Jalpaiguri
West bengal-734318
India

E-Mail sktloten@yahoo.com
Mob: 098001-53099

CCTM/RMP/3006/2006 Tsewang Dolkar Dolkar Herbal Medicine
khangkar Dolkar House
D-10, Kalkaji
New Delhi - 110019
India

E-Mail dolkar@dolkarherbal.com
Tel: 011-26465240 / 26468451
Fax: 26429863
Mob: 098102-53684

CCTM/QMP/3007/2006 Kalsang Wangyal E-Mail dryakdee@yahoo.com

CCTM/QMP/3008/2006 Tsering Thakchoe Translation Department,

Drungtso

Men-Tsee-Khang
(Tibetan Medical & Astro. Institute)
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Dharamsala - 176215
Distt Kangra (H.P.)
India

E-Mail drdrungtso@yahoo.com
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Fax: 01892-224116
Mob: 094181-16627

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Institute)

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(Tibetan Medical & Astro.

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Himachal Pardesh- 175131
India
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CCTM/QMP/3010/2006 Jampa Yonten

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4251920/ 098510-42447

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Mob: 094186-33784

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Mob: 09911780994

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CCTM/RMP/3241/2007 Chemi Rigzin Village Tangti Yogma
P.O. Guling, Tehsil Kaza
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India

- CCTM/RMP/3242/2007 Tsering Wangchuk Village Tangti
P.O. Guling, Tehsil Kaza
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India
- CCTM/RMP/3243/2007 Ugen Tsewang V.P.O. Lalung
Tehsil Kaza
Distt Lahaul & Spiti - 172114 (H.P.)
India
- CCTM/RMP/3244/2007 Tashi Gyaltsen Village Todnam
P.O. Mud, Tehsil Kaza
Distt Lahaul & Spiti - 172114 (H.P.)
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- CCTM/RMP/3245/2007 Tsewang Gaduk Village Teling
P.O. Mud, Tehsil Kaza
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- CCTM/RMP/3246/2007 Phuntsok Wangchuk Village Bhar
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CCTM/RMP/3255/2007 Dorjee Tsering V.P.O. Sangnam
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7. Annexure:

1. Number of medical students graduated from the registered Tibetan Medical Colleges in Exile

1. Tibetan Medical and Astro. College

Number of students graduated since 1965

1. First Batch	1961-1965	4	
2. Second Batch	1969-1975		8
3. Third Batch	1972-1978	9	
4. Fourth and Fifth Batch	1982-1986		31
5. Sixth Batch	1983-1987	18	
6. Seventh Batch	1987-1991		22
7. Eighth Batch	1987-1992	21	
8. Ninth Batch	1992-1996	26	
9. Tenth Batch	1993-1997	16	
10. Eleventh Batch	1997-2001		23
11. Twelfth Batch	1998-2002		23
12. Thirteenth Batch	2002-2006	24	
13. Fourteenth Batch	2003-2007	22	

Total: 247

Currently, 15th and 16th batch of medical students with strength of 23 and 27 students respectively are undergoing their training and will graduate by the end of

the year 2010 and 2012.

2. Chagpori Tibetan Medical Institute

Number of students graduated since 1996

Sl. No.	Batch	Yr. of graduation	Students
1.	I	1996	7
2.	II	1997	12
3.	III	2004	10

Number of current students

Sl.No.	Class	Number of students
1.	IVth Year	11

3. Central Institute of Higher Tibetan Studies

Number of students graduated since 2000

Sl.No.	No. of Batch students	Year of graduation	No. of students
1	I	2000	6
2	II	2001	4
3	III	2004	5
4	IV	2005	4
5	V	2006	3
TOTAL	22		

Number of current students

Sl.No.	Class	Number of students
1	P.M.Ist	7
2	P.M.IIInd	8
3	U.M.Ist	7
4	BTMS Ist	7
5	BTMS IIInd	6
6	BTMS IIIrd	3
	TOTAL	38

4. Central Institute of Buddhist Studies

Number of Student graduation since year 1994

Sl.No.	No. of Batch	Year of graduation	No. of students
1.	I	1994	5
2.	II	2003	3
3.	III	2004	1

4.	IV	2006	3
5.	V	2007	1
		TOTAL	13

Number of current students

SI.No.	Class	Number of students
1.	Final Year	1
2.	IIIYr	1
3.	Ist Year	3
	TOTAL	5

2. Community Health Survey

Diabetes Survey: A descriptive study was done to study the prevalence of diabetes mellitus in Tibetan settlements in South India in December 1997. There has been no reported study of DIABETES MELLITUS among the Tibetan population. In this study, the crude prevalence rate of DIABETES MELLITUS was 4.3%. DIABETES MELLITUS can be considered to be a significant problem in this migrant Tibetan population. One also needs to take note of very high prevalence of hypertension in the Tibetan population. A note should also be made of a possibly high occurrence of cerebro-vascular disease. Separate studies on hypertension and stroke are needed to confirm their high prevalence.

3. Following are the designated Coordinator of the Central Council of Tibetan Medicine from Jan. 2008 - Jan 2010

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Annexure:

1. Number of medical students graduated from four registered Tibetan Medical Colleges in Exile

1.1. Tibetan Medical and Astro. College

Number of students graduated since 1965

1. First Batch	1961-1965	4	
2. Second Batch	1969-1975		8
3. Third Batch	1972-1978	9	
4. Fourth and Fifth Batch	1982-1986		31
5. Sixth Batch	1983-1987	18	
6. Seventh Batch	1987-1991		22
7. Eighth Batch	1987-1992	21	
8. Ninth Batch	1992-1996	26	
9. Tenth Batch		1993-1997	
	16		
10. Eleventh Batch	1997-2001		23
11. Twelfth Batch	1998-2002		23
12. Thirteenth Batch	2002-2006	24	
13. Fourteenth Batch	2003-2007	22	

Total: 247

Last update: Jan 2008 **Number**

of Current students

Currently, 15th and 16th batch of medical students with a strength of 23 and 27 students respectively are undergoing their training and will graduate by the end of the year 2010 and 2012.

1. 2. Chagpori Tibetan Medical Institute

Number of students graduated since 1996

Sl.No.	No. of Batch	Year of graduation		No. of students
		Boys	Girls	
1.	I	1996	7	7 -
2.	II	1997	12	11 1
3.	III	2004	10	10 -

Number of current students

Sl.No.	Class	Number of students	Boys	Girls
1.	IVth Year	11	-	11

1. 3. Central Institute of Higher Tibetan Studies

Number of students graduated since 2000

Sl.No.	No. of Batch	Year of graduation		No. of students
		Boys	Girls	
1	I	2000	6	3 3 2
II	2001	4	3	1 3 III
2004	5	2	3	4 IV
2005	4	2	2	5 V
2006	3	1	2	
TOTAL	22	11	11	

Number of current students

Sl.No.	Class	Number of students	Boys	Girls
1	P.M.Ist	7	2	5
2	P.M.IIInd	8		6
2	3 U.M.Ist	7	4	
3				
4	BTMS Ist	7	6	1 5
	BTMS IIInd	6	5	1 6
	BTMS IIIrd	3	3	0
TOTAL		38	26	12

Last update: Jan 2008

1. 4. Central Institute of Buddhist Studies

Number of Student graduation since year 1994

Sl.No.	No. of Batch	Year of graduation		No. of students
		Boys	Girls	
1.	I	1994	5	2
2.	II	2003	3	3
3.	III	2004	1	1
4.	IV	2006	3	1 2
5.	V	2007	1	1
	TOTAL		13	3 10

Number of current students

Sl.No.	Class	Number of students	Boys	Girls
1.	Final Year	1	1	-
2.	IIIYr	1	1	-
3.	Ist Year	3		
1		2		
	TOTAL	5	3	
	2			

Last update: Jan 2008

2. Community Health Survey

Diabetes Survey: A descriptive study was done to study the prevalence of diabetes mellitus in Tibetan settlements in South India in December 1997. There has been no reported study of DIABETES MELLITUS among the Tibetan population. In this study, the crude prevalence rate of DIABETES MELLITUS was 4.3%. DIABETES MELLITUS can be considered to be a significant problem in this migrant Tibetan population. One also needs to take note of very high prevalence of hypertension in the Tibetan population. A note should also be made of a possibly high occurrence of cerebro-vascular disease. Separate studies on hypertension and stroke are needed to confirm their high prevalence.

3. Designated co-ordinators of the Central Council of Tibetan Medicine and their respective areas in India & abroad