

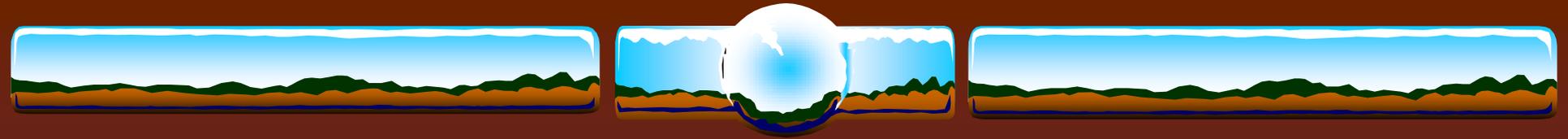
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# Customary Prayers to Medicine Buddha.

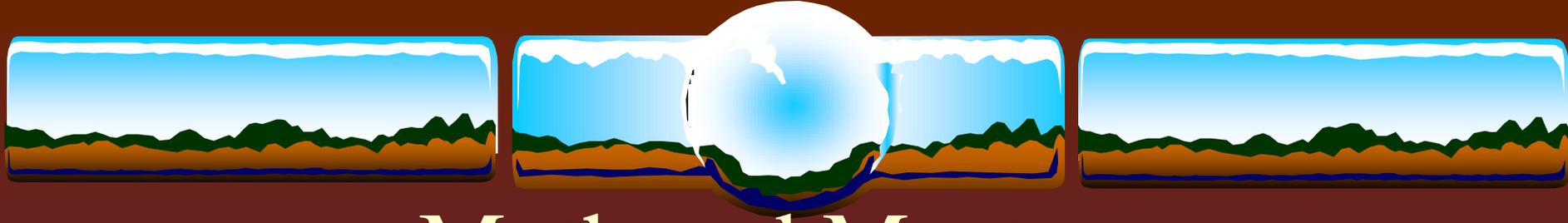
**With Compassion, serves all the sentient beings,  
"O Enlightened One"  
Mere hearing your name,  
relieves the suffering of all lowly births,  
Healer of the disease of 3 inborn mental poisons,  
To the most enlightened supreme healer,  
"The king of Aquamarine Light"  
I prostrate before you.**



# OBJECTIVE

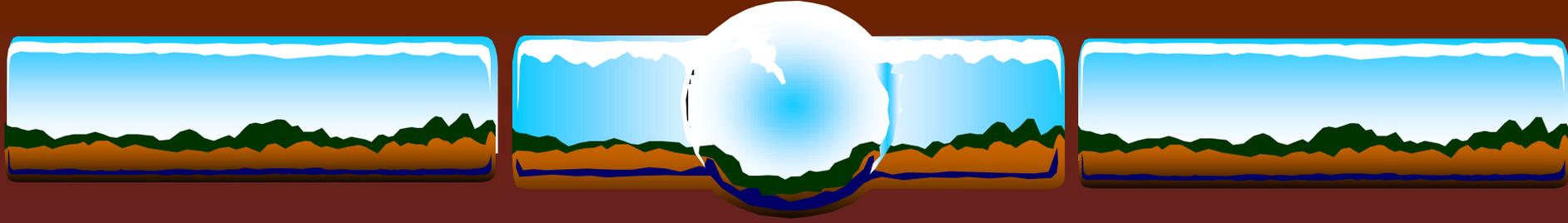
- ❖ Comprehensive Cancer Care and Management.
- ❖ Preliminary clinical research study on the efficacy of Tibetan medicine against Cancer.

Study Place: Bangalore Branch Clinic, Mentsee-khang.



# Myth and Mystery

1. gZhan-dBan sNon-las are those diseases which are associated with the negative karmic imprints from one's past lives. They invariably succumb to the disease despite the best treatment.
2. Kun-brTags gDon-nad are those kind of disease which are strongly influenced by evil spirits or negative mental elements. Such diseases can be relieved with appropriate rituals and spiritual healing by the Dharma Masters.
3. Yons-sGrups Tze-nad is associated with those kinds of diseases that if treated properly, can be cured, and if not, can prove fatal.
4. Itar-snans 'Phral-nad is associated with those common diseases that recovers even without any treatment, but recovers faster if treated on time.



# Facts and Figures

**The data taken from the GLOBOCAN 2008 database estimates for year 2008.**

Around 12.7 million new cancer cases were diagnosed worldwide in 2008. Worldwide around 7.6 million deaths from cancer occurred in 2008.

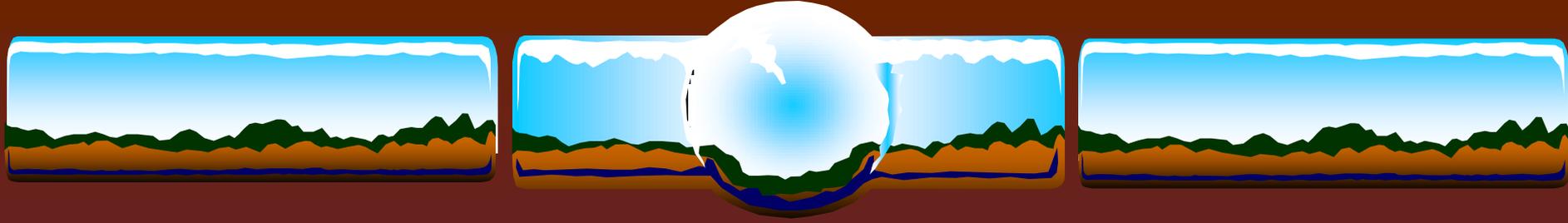
The most commonly diagnosed cancers worldwide are lung, breast and colorectal, stomach and liver cancers.

An estimated 12.66 million people were diagnosed with cancer across the world in 2008,

Just four cancer sites – lung, female breast, colorectal and stomach – accounted for two fifths of the total cases diagnosed worldwide.

Lung cancer continued to be the most common among men.

Cancer diagnosed in men worldwide (accounting for 16.5% of all new cases), and breast cancer was by far the most common cancer diagnosed in women (23% of all new cases).

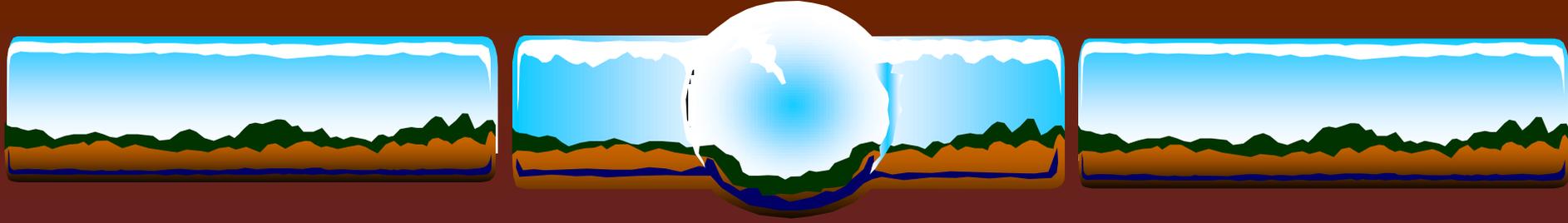


# What is Cancer.

An accummulation of impure Blood and Lymphatic fluid that corrupts the body's normal cells invading muscles, bone and blood vessels.

(Man-nag Lhan-thabs).

known medically as a malignant neoplasm, is a broad group of various diseases, all involving unregulated cell growth. In cancer, cells divide and grow uncontrollably, forming malignant tumors, and invade nearby parts of the body. The cancer may also spread to more distant parts of the body through the lymphatic system or bloodstream. ( Western Bio-medical science).



## Nature of cancer

**One defining feature of cancer is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can then invade adjoining parts of the body and spread to other organs. This process is referred to as metastasis. Metastases are the major cause of death from cancer. Today, cancer stands as the leading cause of death next only to heart disease.**



# Causes of the cancer in modern scientific view.

WHO News Media reports following as the cause of cancer or risk factor.

tobacco use

Environmental factors,  
unhealthy diet with low fruit and vegetable intake

lack of physical activity

alcohol use

sexually transmitted HPV-infection

urban air pollution

indoor smoke from household use of solid fuels.



## MAIN CAUSE OF THE CANCER

- A sudden misadventure with harmful spirits or causing sacrilege.
- An aggravation of body system due to four causative factors.
- Improper food leading to chronic indigestion.
- Accumulation of impure blood and Lymphatic fluid in the body.



## CHARACTERISTIC FEATURES

The nature of the tumor is hard & well defined.

Tumor is hard to dissolve with the hot medicinal bath or with any external application.

Once established in the body organs, the cancerous cells drain out all the nutritional essence of the body for its growth.

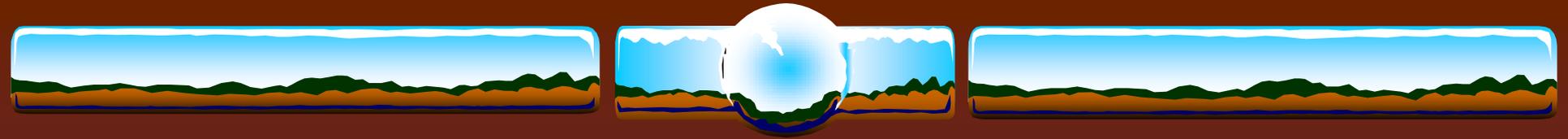
Once matured, it has the tendency to come out with pus from both upper & lower ends.

The advanced cancer becomes extremely difficult to treat. Therefore, an early treatment is strongly advised



# DESI'S THEORY

1. The underlying source of the cancer is blood, hence purify the blood by giving frequent venesection to the nearest source of development.
2. The supporting cause is an infection; give anti-inflammatory medicine, cleanse the body channels.
3. The resultant disease is malignant tumor; hence tumor should be dissolved with hot medicinal compression & moxabustion.



## TYPES OF CANCER

18 different type of cancer identified according to its location & predominance of Nes-pas.

Location: Outer & Inner body organs.

Outer location: 1. Muscle, 2. bone, 3. & rTsa.

Inner location: Internal organs; 4. Lung, 5. Heart, 6.

Liver, 7. Spleen, 8. Kidney, 9. Stomach, 10. Intestines, 11. Rectum, 12. bladder.

Action of the predominating Nes-pas: 13. rLung, 14. mKrispa, 15. Khrag (breast & uterus), 16. Badkan.

17. Injury, 18. Je-Des.



## TREATMENT PORTFOLIO

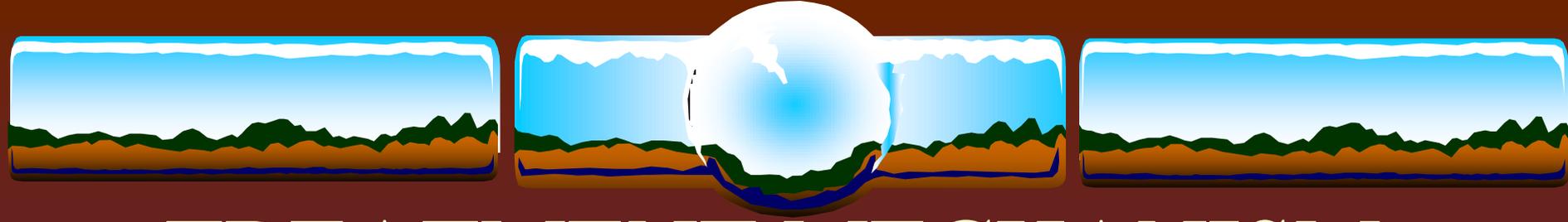
For the healing to take place, oral herbal formulations in the form of pills & decoction are given.

. The nature of tumor is solid hard, hot medicine bath, or an external application should be employed to dissolve the tumor.

. To flush out the dissolved cancerous cells or tissues vene-cleansing is strongly advised.

. To control the infection, frequent vene-section is advised.

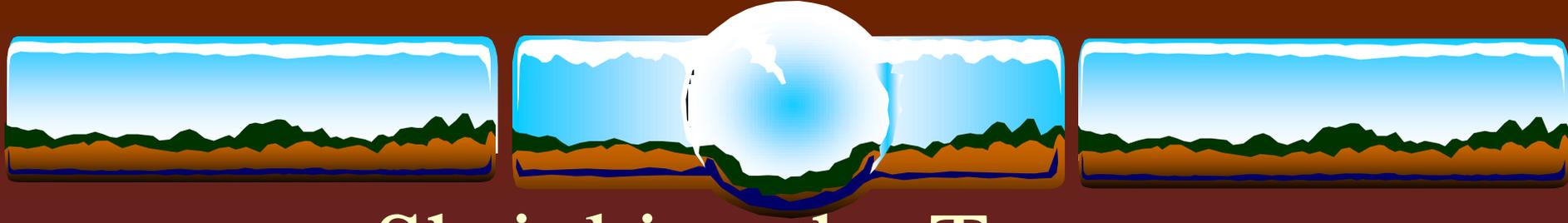
.To slow down or to stop the pathways of proliferation or angio-genesis, moxabustion is highly advised.



# TREATMENT MECHANISM

**Textual:** In order to restore the balance of the Nes-pas; to generate faster immune response and for the disease to regress and cellular healing to take place, herbal formulations in the form of pills & decoction should be given orally.

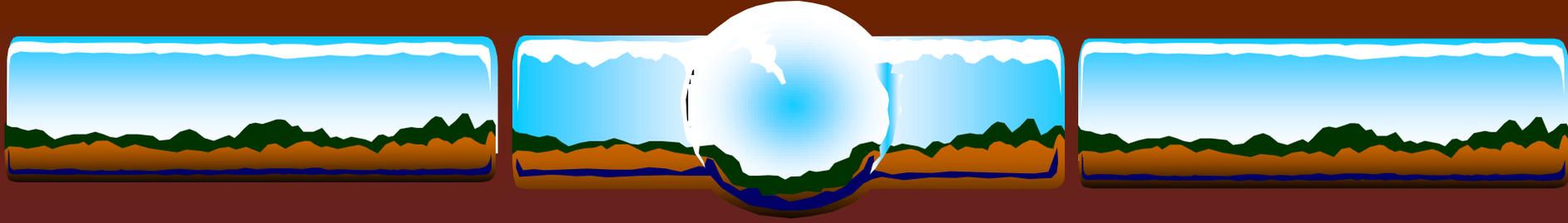
**Practice and observation:** Irrespective of the clear cut cure, one thing sure about the Tibetan Medicine is its ability to give a general well being, improvement in appetite and reduction in the mental trauma and to greater extent, the quality of remaining life of the patient. There are several different types of decoctions which can provide detoxification, reduction of the inflammatory changes and harmonizing or balancing the energy level of the aggravated body system. Some of the oral pills can give immediate boost to the immune response and can be extremely helpful in maintaining the hematological parameters.



# Shrinking the Tumor

**Textual:** Since the nature of tumor is solid hard, hot medicine bath, or an external application should be employed to dissolve the tumor.

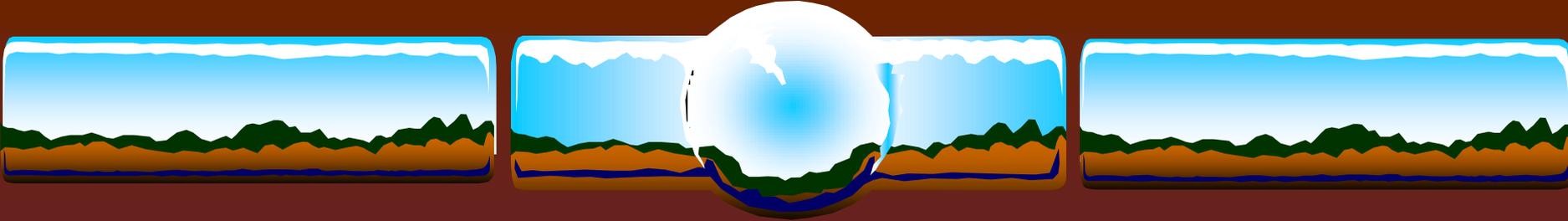
**Practice and Observation:** The facilities and practice for giving medicine bath is a rare occurrence in most of the branch clinics with the exception of Dharamsala where such facility is available. This could be very helpful in relieving the pain and in minimizing the chances of rapid progression of the cancer. Some hot and cold compression or fomentation is practiced where ever necessary. Among the external therapies, most commonly practiced and most effective too, in controlling and also in reducing/shrinking the sizes of the external hard tumor is the moxa-bustion<sup>4</sup>. We have ample records to show the significant decrease in the tumor sizes after the application of moxa-bustion.



# Channel Cleansing

**Textual:** To flush out the dissolved cancerous debris or necrotic tissues from the body channels, vein-cleansing is strongly advised with the help of experienced practitioner.

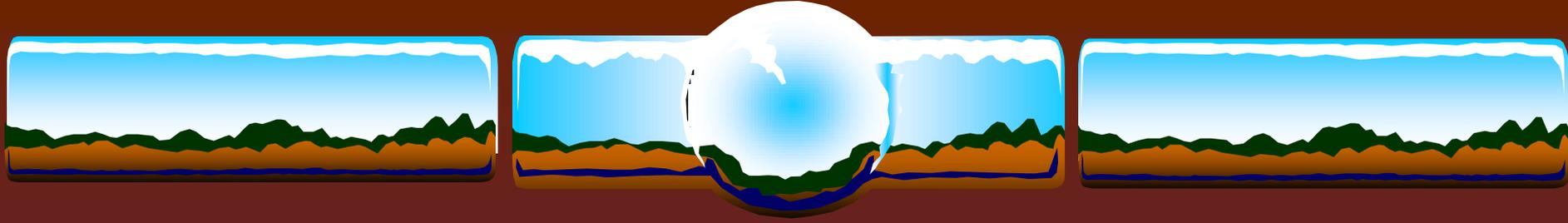
**Practice and Observation:** Although the channel cleansing method is very important part of the treatment process, it is practiced very little or not at all in most of the Branch Clinics under Mentsee-khang. This not only helps in flushing out the inner necrotic substances or cancer causing free radicals from the body organ, it also paves the way for the proper flow of energy. Many of our patients in Bangalore are quite aware of these cleansing decoctions though we still do not have those rTza-sByjions<sup>5</sup> or channel cleansing formulations.



# Venesection or Blood letting

**Textual:** To reduce the pace of infection & inflammation, and to curb the speed of progression of cancerous cells, vene-section<sup>6</sup> is frequently advised with the expert's help.

**Practice and Observation:** As per the instructions in the medical text, vene-section is highly advised, particularly in reducing the pain and infection level; severity of the cancer activity and in minimizing its dreaded progression. But it is quite unfortunate that this practice of vene-section is steadfastly declining in modern day practice and, there are hardly any few doctors who actually implement them in their regular practice. Nonetheless, it is also quite risky to practice this unless one is thoroughly professional in its practice.



# Moxabustion

**Textual:** To slow down or to stop the pathways of proliferation or angiogenesis, moxabustion is highly advised.

**Practice and Observation:** Moxa-bustion is the one as stated earlier that is being practiced relatively common, both with the dried herbs as well as in the form of Golden hammer therapy. It is particularly good in reducing the sizes of the external growths and controlling the Lymph nodes that appears again and again. Instead of going for chemo in multiple phases, many patients are given this moxa with quicker and better result.

# Physical Therapies

## Moxabustion



## Golden Needle therapy





# Moxabustion on Colorectal cancer



# Advanced Breast Cancer



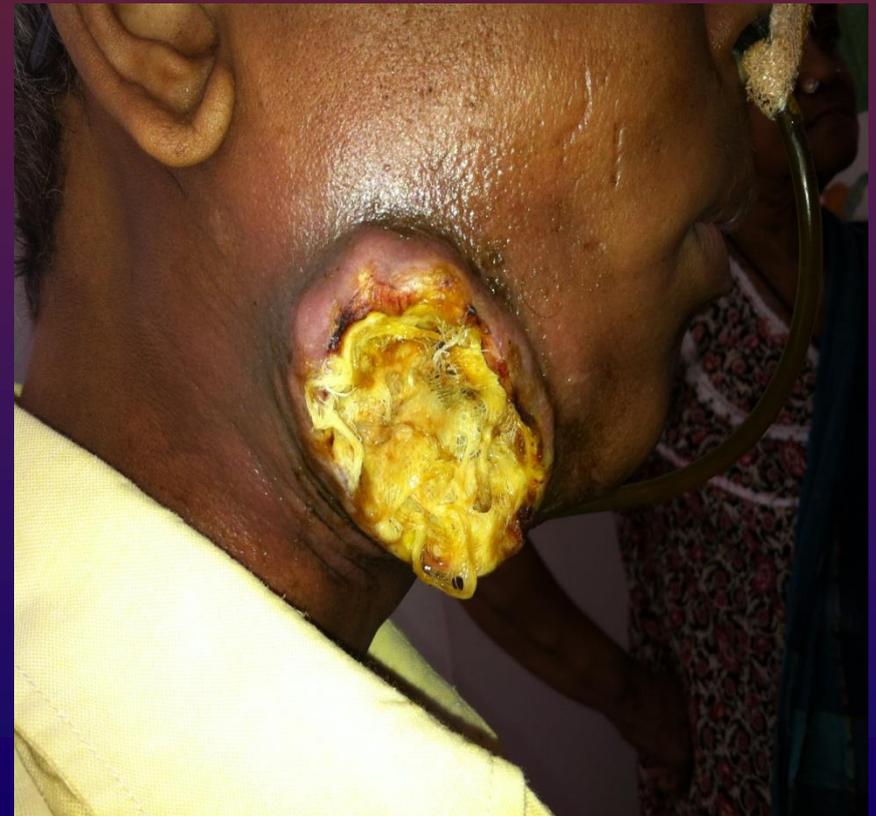


# Lymphnodal Proliferation

**Right neck magnified**



**Right neck Normal size**



# Tongue Cancer

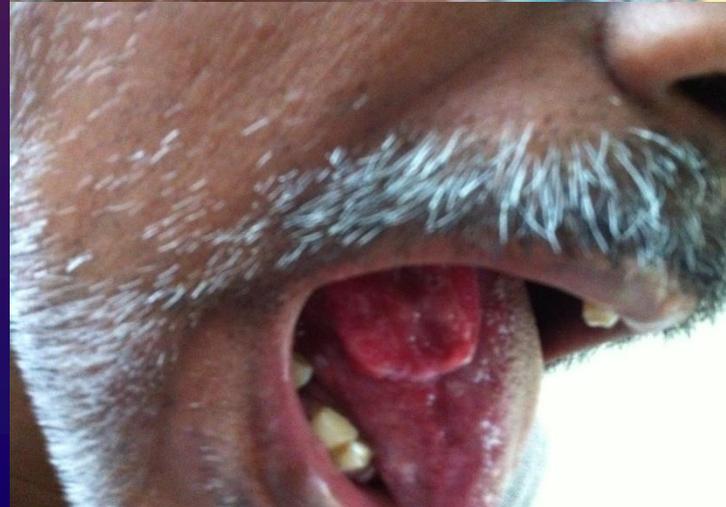
4<sup>th</sup> Month



2<sup>nd</sup> Month



1<sup>st</sup> month



3<sup>rd</sup> Month

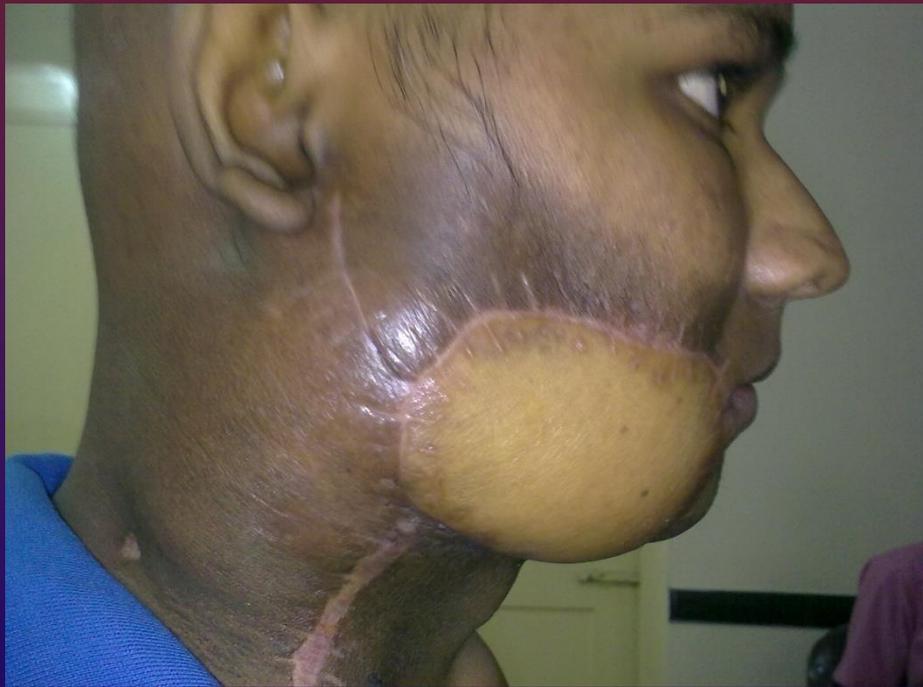
# Vacuum and Bronze Cupping

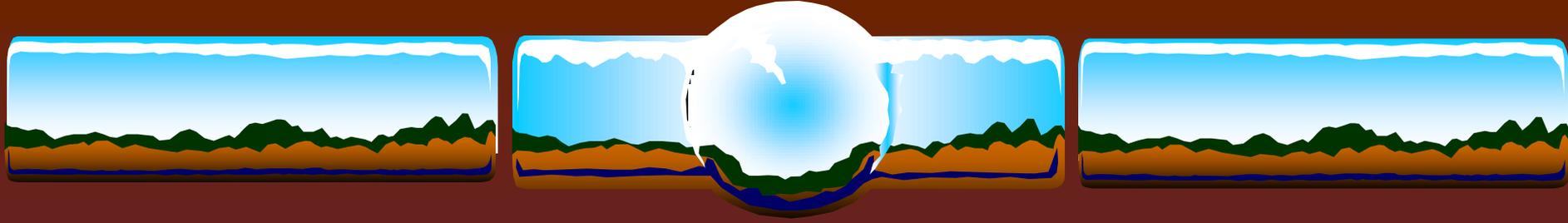


# Steam Therapy



# Lymphnodal Proliferation





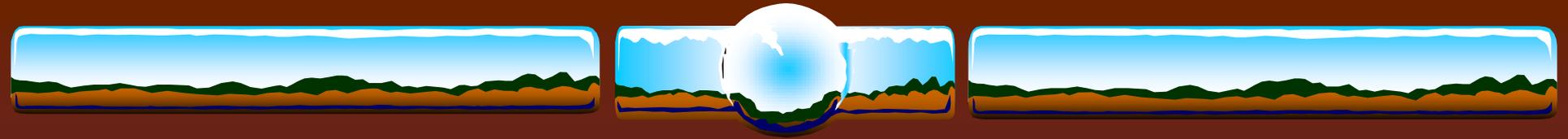
# Advise on diet and lifestyle

Healthy and proper intake of diet is strongly advised. Changes in food habits to bring the dynamic balance of body energy system.

Life Style changes is considered necessary for effecting proper flow of energy.

Regular exercises; brisk to light walking in the morning and early evening hours.

Yoga practices including, various asanas, pranayama and sound healing technique are also encouraged.



# SPRITUAL HELP

- Spiritual help from enlightened Lama or Spiritual masters are sometimes advised for some divination or spiritual guidance.
- To counteract the harmful spirits that sometimes get total hold over the whole disease process & its treatment response.
- To minimize one's bad Karmic effects, & to remove any hidden obstacles to the treatment response.
- To uplift patient's aura & positive spirit.

The header features a decorative border at the top. It consists of three rectangular panels with rounded corners, each containing a stylized landscape with green hills and a blue sky. A central globe is positioned between the middle and right panels, partially overlapping them.

# Subjective evaluation

- More than 90% of the patients were post operative, post chemotherapy, post radiation therapy or either one or two or all three of them.
- Approximately 3% were on other Alternative therapies like Homeopathy, Ayurveda, Sidda & others before taking Tibetan Medicine.
- Around 6% received no other medicines or therapies.



.Patients were given Tibetan Medicines(TM) to take 3 or more times a day with an average of 15 to 30 days course.

.Dietary advice, change in the lifestyles & mental attitudes are encouraged. Self-healing techniques like guided visualization, meditation, breathing exercises, recitation of Medicine Buddha's Mantra were advised.

.All other complementary therapies are told to stop while on Tibetan Medicine.

.Only supporting medicines were given during the time of Chemo and Radiation therapy.



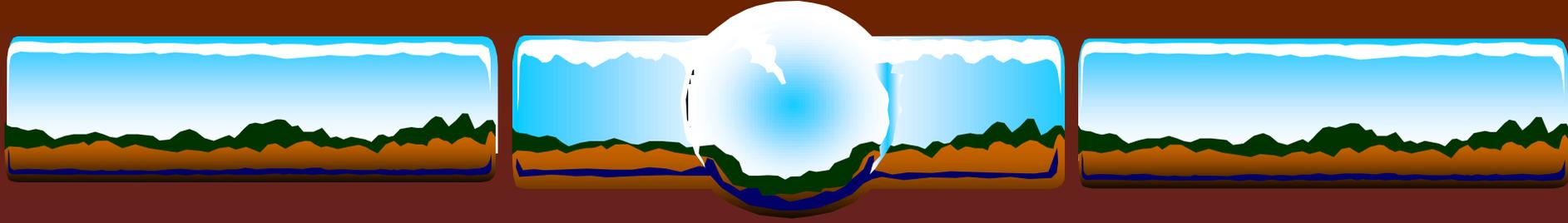
## MAINTAINING DATAS & RECORD

Each patient has a separate case file with a common treatment study form. ( AIIMS)

The copy of the patient's medical history, discharge summary, and pathological & radiological reports were collected.

Patients were asked to bring their complete blood test every 3 months & radiological reports every six months to evaluate the progress.

No strict control or standard investigative method was followed.



# Current record of cancer patient.

Total No. of patients recorded with their case files from  
Feb, 2011 to June, 2012 = 144.00

Total No. of patients actively continuing the Tibetan  
Medicine = 75.

Total No. of patients who have discontinued Tibetan  
Medicine = 35.

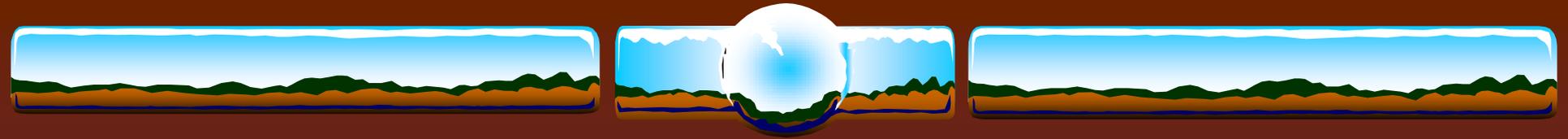
Total No. of patients found to have passed away = 34.

Total No. of patients selected for the best case series = 18.



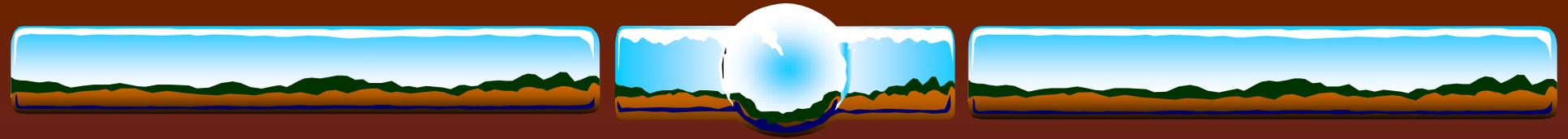
## OLD STATISTICS TILL YEAR 2006

- ❖ Total number of patients: 647.
- ❖ No. of male patients: 309 (48%)
- ❖ No. of female patients: 338 (52%)
- ❖ Some of the near cured or best cases before Nov-2002 are also included in the study.



# Summary of the area wise study

<i>PLACE</i>	Discontinued	Good case	Control case	Near cured case	Bad case	Expired	<b>TOTAL</b>
Chennai	168	32	43	7	2	62	314
B'lore	102	17	25	1	---	39	184
Hyd.	70	21	40	4	---	14	149
<b>Total</b>	<b>340</b>	<b>70</b>	<b>108</b>	<b>12</b>	<b>2</b>	<b>115</b>	<b>647</b>



# Top 10 common cancer

1. Breast	74
2. Lung	42
3. Liver	35
4. Stomach	30
5. Colo-rectal	30
6. Brain	27
7. Ovarian	25
8. Lymphoma	15
9. Leukemia	14.
10. Mouth	11



# Top ten cancer cases from feb 2011 to June 2012

S.No.	Type of cancer	No. Of cases
1	Breast	19
2	Lung	12
3	Ovary	11
4	Multiple Myeloma	8
5	Colo-Rectal	7
6	Stomach	7
7	Non-Hodgin Lymphoma	6
8	Brain	6
9	Leukemia	6
10	Oral	5



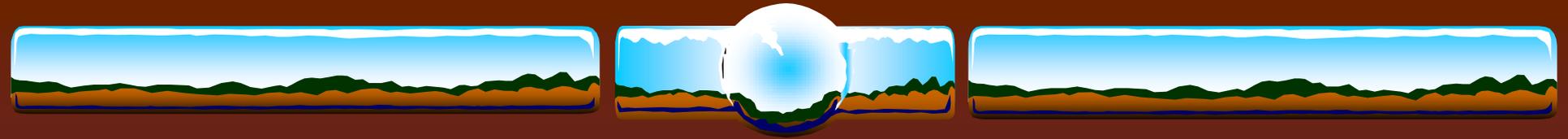
# Observations

1. TM helps improving the immune system & general health condition of the patient.
2. Helps to slow down or delay the progression of the cancer.
3. Helps to prevent and minimise secondary infections.
4. Minimizes both the physical & mental suffering, helps relieving the pain in some conditions.
5. Minimizes side effects of C&R Therapy when taken complementary with each other.
6. Extends the life-span significantly.



# Acknowledgement

I am very thankful to Dr. Passang Lhamo, Dr. Namdol Lhamo Dr. Nawang Jinpa, Dr. Tenzin Gonpo, Dr. Ngawang Tara, Dr. Tenzin Norbu, Dr. Cho-nya Lhamo, Dr. Tenzin Lhundup( current research co-ordinator) & Mr. Tenzin Choephel (former research assistant) for their unconditional support & hard work. We worked as a team & their interest and dedication for our clinical research work has kept us going.



ཐུགས་རྗེ་ཚེ་ **THANK YOU**  
བཀྲ་ཤིས་བདེ་ལེགས་ **BEST WISHES.**