

## DR. PADMA GURMET

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Dr. Padma Gurmet is among the pioneers of formal recognition of Indian medical heritage Sowa-Rigpa in India and its systematic development. He was born in a traditional Sowa-Rigpa family and learned Sowa-Rigpa medicine since childhood from his father and later formally completed Sowa-Rigpa Acharya degree with distinction marks from Central Institute of Buddhist Studies (Ministry of Culture, Govt. of India) Leh. He joined Central Council for Research in Ayurveda and Siddha in 1997 and posted as Research Officer in Amchi Medicine Research Unit, Leh, where he has initiated various projects and due to his dedicated work and research inputs this small Unit was upgraded as National Research Institute for Sowa-Rigpa in 2009. He has initiated more than fifteen National and regional seminars, published 7 books and contributed more than 30 research articles in magazine, Journals and scientific conferences. The major work he has initiated are cataloguing of more than 1500 Sowa-Rigpa medical literature, digitalized important manuscripts of Sowa-Rigpa, documentation of around 1200 Sowa-Rigpa formulations, Preservation of Local health practices and documentation and conservation of Trans-Himalayan Medicinal Plants etc.

Dr. Padma Gurmet has been actively engaged in preservation and promotion of Sowa-Rigpa and traditional Astrology in Ladakh from last twenty years and has greatly contributed for capacity building and formalizing Sowa-Rigpa practitioners in remote areas, he has arranged training for more than 200 traditional Amchis, Astrologers and provided help to established 80 Sowa-Rigpa clinics in remote areas of Ladakh. The initiatives of Dr. Padma Gurmet has greatly improved the services of Sowa-Rigpa practitioners and contributed largely for public health through Sowa-Rigpa medicine. Due to his dedicated work and contribution for development of Sowa-Rigpa and traditional Astrology he has been elected unopposed President of Ladakh Amchi Sabha from last ten years.

Beside his dedicated work in Ladakh, Dr Padma Gurmet has also worked on National level to bring Sowa-Rigpa practitioners on one platform. He has greatly contributed to bring together Amchis (Sowa-Rigpa practitioners) of Arunachal Pardesh, Sikkim, Himachal Pardesh, Jammu Kashmir and Tibetan etc. to peruse formal recognition of Sowa-Rigpa in India.

Dr. Padma Gurmet has been also perusing preservation and promotion of Indian cultural heritage Sowa-Rigpa for public health in many National and International Institutions and public forums. He was also a member of Planning Commission, AYUSH Steering Committee member for 11<sup>th</sup> and 12<sup>th</sup> five year planning. He has also contributed in WHO, WWF, UNDP and many Govt. and International events. At present he is actively engaged in claiming Sowa-Rigpa as Intangible cultural Heritage in UNESCO. He is also nominated as member for Central Council for Indian Medicine by Ministry of AYUSH considering his cotribution for AYUSH and Sowa-Rigpa ststem of medicine.

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