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Principles and practical application of Tibetan Medicine in a Western Context

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Introduction

- Well preserved in Tibet and as well as in exile Tibetan government in India by Men-Tsee-Khang.
- Recognized by AYUSH
- Recognition under Central Council of Tibetan medicine
- Several prominent Institutes and schools preserving and promoting SOWA RIGPA in Asia.
- Though there are several Tibetan medicine practitioners in Europe it is of great challenge for the Tibetan Amchis to bring Tibetan medicine into the International light.

Reasons to visit Tibetan amchi

- Support ones daily health
- Alternative advice & opinions
- Support beside the regular treatments
- Acquire daily advices on healthy mind & body
- Receive dietary advices
- Daily behavior advices
- Tibetan massage & warm oil therapies

Requirements:

- Registration of Tibetan amchi under professional organization
- Registration of Tibetan medicine under the organization of safety food and consumer products

Registration of Tibetan amchis under a professional organization

- Certificate of Tibetan amchi
- Proof of Work experiences
- Aims & objectives of the practice
- Valid resident permit of the country
- Board members for your practice
- Insurance of the amchi & the practice
- The chamber of commerce
- Submit report of the practice per year
- Inspection per 3 years
- Fulfills the principles of the organization
 - 5 principles: Energy, Stimulation, Drainage, Nutrition and art of living



Registration of Tibetan medicine under the organization of safety food and consumer products

- Quality
- Safety
- Efficacy



Netherlands Food and Consumer
Product Safety Authority
Ministry of Economic Affairs

Quality

- Ingredients of the medicines
- How the plants grow?
- Environment of the cultivation
- Harvest time
- Which part of the plants are used?
- Tibetan name & botanical name

Safety

- Registration of the Tibetan medicines (ingredients)
- Free of toxic substances
- Avoid forbidden ingredients in the respective countries such as heavy metals (mercury, lead) & animal products.
- Ingredients with environmental problems

Efficacy

- Description of effects of each ingredients
- Side effects
- Harmonizing effects
- Transparency of the effects of every Tibetan medicine

Challenges for the Tibetan medicine in Western countries

- Lack of evidence-based medicines
- Only few clinical research & publications on Tibetan medicine
- Restriction for usage of Tibetan medicinal ingredients
- Difficulty in recognition of certificate for Tibetan amchi
- Insufficient awareness of Tibetan medicines in western countries

How to overcome the challenges?

- Standard clinical & prominent researches on Tibetan medicine (PADMA Ltd)
- Proper awareness of Tibetan medicine
 - Collaboration & dialogue with different medical backgrounds
 - Organize workshops & conferences
- Set up an organized body of Tibetan doctors in western countries
- Follow the rules & regulations of the respective country

General conditions & responsibilities

- Keep close contact with the general doctors & other practitioners
- Keep good relation with the patients
- Follow the ethics of Tibetan doctors
- Be just & honest with the diagnoses & treatments
- Referring the patients to the general doctor
- Respect the rules & regulations of the country

Message from H.H. The Dalai Lama

“Without mixing the two approaches, and without saying one is better than the other, both schools should work together in order to find ways of understanding each other and thus boost the effectiveness of the two healing techniques.” – H.H. The Dalai Lama



Conclusion

- Co-operation & integration with the western doctors and the practitioners
- Follow the rules & regulations of the respective country
- Keep the ethics of Tibetan doctor

Thank you for being such a warm audience.

Thank you to all the organizers.

Questions?

