

360 Bones of Human Body

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The fourth Chapter of the Explanatory Tantra of Gyushi, the classical Tibetan Medical Text, deals with the anatomy as well as Tibetan medicine concept of homeostatis and various chakras and channels related to the life energies. Further explanations on human anatomy is also found in various chapter of the Quintessential Tantra of the Gyushi.

Contrary to 206 bones of human skeleton in the modern anatomical charts, Tibetan medicine identifies 360 bones. One can also find 360 bones in the sutra as well as in the Astanga hrydha Samhita. However, detail identification differs in all these texts. There are some differences in opinion about the identification and numbering of bones in various commentaries on Gyushi. For the purpose of better identification and the scientific names in English, I have used the commentary, the Oral Instruction to Physicians (Drangsong Shal-lung) which was published in Tibet in 2010. We may find various pictures of anatomy and some parts of human skeleton in this commentary, but no detail pictures were provided despite detail names of the 360 bones. Attempts have been made to give Tibetan names according to the normal anatomical names.