

## Managing Nyen Rims (Infectious diseases) in Sowa Rigpa

---

Sochad Menrampa tashi dawa  
BTMS, MS (Sorig)

Millions of people have died from direct or indirect infections from various pathogens since ages. One of the deadly infections are the viral diseases among which some has become pandemic and crossed the national boundaries. The recent outbreak of Ebola, dengue, and Nipah Virus have claimed several lives. HIV has affected more than 36.7 million across the world and every year thousands gets infected with it. HCV which leads to malignant cancer claims more lives despite Sofosbovir with its promising cure has remained to elite families who can afford the complete treatment. Research work and discovery of novel drugs against current and emerging diseases is continuing throughout the world. In broader health care services for mankind, Sowa-Rigpa has a whole treasure house of literatures pertaining to management of Nyen Rims (infectious diseases) be it viral, bacterial or fungal origin. Terma tradition in the Tibetiana illuminates on these issues. Huge discussion is presented by eminent Tibetan Scholars on the Nomenclature, onset, prevalence, etiology, disease pathology, treatment and prevention of different Nyen Rims (infectious diseases). Timely predictions of emergence of deadly diseases are evident in the 8<sup>th</sup> century text revealed as treasure in the 11<sup>th</sup> century. They have prophesied on many aspects of the contemporary prevalent infectious diseases and about the emerging diseases. In Gyud Zhi, the Rims Nad, Drumb pa, Gyuzer, Gak-Lhok and Champa, Chapters deal with the different infections of viral origin and those of bacterial origins are elaborated in Klu Don chapter. Apart from these, more elaborative and specific discussion in dialogue form is found in the works of Guru Rinpoche's Dudtsi Bumpai Gyud. Desi Sangay Gyatso pioneered in classification of Nyem Rims and their sub classification with respective treatment in his supplementary literary works where the references were made to many of the previous works. Interestingly, there is mention about carcinoma caused by infections (~Viral). Yuthog Nyingthig texts gives ways to protect oneself through advanced meditative practices and there are lots of other Terma literatures which gives complete set of chapters on Nyen Rim and its therapeutics.

Sowa Rigpa understands infections in several ways; *Nyen, Rims, Rey pa, gDon, Klu and Dhug*. Nyen is of more endogenous in its origin inflaming the bodily tissue which later manifests in different organ system. Rims are more exogenous with the host body vulnerable to disease due to low immunity or low will power or over indulgence in non-virtuous act. Often, many of the classics have used these two words altogether. Sometimes Nyen is referred to inflammation than infection but when it comes to infectious wounds, the nomenclature employed is *Rey Pa* which has further sub-division and respective symptoms associated with them. Viral disease like rabies is considered under the chapter on Poisons. Thus, Nyen seems to be making imbalance to the physiological processes however, it is making body sensitive and vulnerable to dis-ease. When the complaint is diagnosed as Nyen Rims which are deadly and life threatening not only for an

individual but to other people and community as whole. The patients present with initially cold, shivering, hyperthermia and acute pain. After every week from the day of infection, one notices instant change in the complaints and that makes sense with the inoculation period of pathogens which when released in the blood stream manifest and express differently. They are broadly classified in eighteen different division with further sub-divisions under each of them. Very eminently, the signs & symptomatology and respective therapeutic modules for each of these sub-division are dealt in detail systematically. With use of Tibetan formulation or protective amulets and others, personnel protection, individual preventing and community prevention are also discussed. Nyen-rims are virtually acquired through some vectors like swine, avian, dogs, cats, rodents, primates and through indulgence in negative acts which are non-virtuous in terms of worldly ethics.

Based on the study Antiviral and anti-cancer potential of Tibetan Medicine conducted at LOBP, Emory University and Kashag for couple of years, extracts of many Tibetan poly-herbal compounds with cytotoxicity >10 mg/mL have shown activity against HIV-1, HBV, DengueV2 and West Nile virus.

With hundreds of formulations in hand and by looking at the activities of some of these extracts against few the viral diseases, doors to clinical studies and further discovery have opened and its' key time to come up with lead compounds with novel drug design and management against more emerging infectious diseases through Sowa Rigpa.

**Keyword:** Sowa Rigpa, Tibetan Medicine, CCTM, Research & Development, Drug Discovery, Natural Products, Terma Tradition, Gyud Zhi, Lupon Rinpoche, Yuthok Yonten Gonpo, Yuthok Nyingthig, Antiviral.

\*\*\*\*\*