

Dr. Tsewang Tamdin

Dr. Tsewang Tamdin was born in Thingre, Tibet on 15th of August 1957. In 1959, He escaped to India and underwent his schooling from the Central Schools for Tibetans, Dalhousie from 1963 till 1972. He then joined the third batch students in Tibetan Medical & Astrological College (Men-Tsee-Khang) and completed his sMenpa Kachupa course (UG) in 1978. Dr. Tamdin did an internship under Dr. Tashi Gyaltzen la at Bylakuppe Men-Tsee-Khang branch clinic in 1979 and has begun his medical practice from same branch clinic in 1979.

From 1980 till 1983 he served as an assistant resident doctor at Men-Tsee-Khang Dharamsala, from time to time he assist with Late Dr. Tenzin Choedrak and Dr. Jamyang Tashi; senior personal visiting physician to His Holiness the XIVth Dalai Lama. In 1984, Dr. Tsewang Tamdin was appointed as the permanent residential doctor of Men-Tsee-Khang branch clinic in Nizamuddin, New Delhi and in 1994, he was appointed as the chief Medical officer of the same clinic and served for merely 18yrs. Dr. Tamdin obtained "Menrampa Chungwa and Menrampa Dringwa" (MD) degree in Traditional Tibetan Medicine in the year 1987 and 1999 respectively.

From September 1, 2001, he was nominated as the Director of Pharmaceutical Department in Dharamsala and served till November, 2004. In September 2001, Dr. Tamdin was appointed as the visiting Doctor of His Holiness the Dalai Lama and currently serving the same. In 2003, he was officiated as the Vice-Chairman to the High Level Medical & Astro. Committee of Men-Tsee-Khang.

From December, 2004, he was nominated as the Deputy Director of Men-Tsee-Khang and served till August 2006. From 1st March 2007, he was nominated as the Principal of Men-Tsee-Khang College and served till 30th Sept 2008. From October 1, 2008, he was nominated as a Special Advisor of Men-Tsee-Khang and has served till March 30, 2010. W.e.f. 1st April 2010, he was appointed as the Director of Men-Tsee-Khang and sought voluntarily retirement from the post from 1st March 2012. W.e.f. 2nd March 2012, he was appointed as the Chairman of the Academic Council Tibetan Medicine & Astrology and is currently serving at the same post.

In 2003, he was officiated as the Vice Chairman to high level Medical & Astro. Committee of Men-Tsee-Khang. Dr. Tamdin had visited various cities in India as well as to U.S.A, and European countries like Great Britain, Switzerland, Holland, Poland, Ireland, France, Germany, Japan etc, mainly for conference, medical consultations, lectures and exhibitions on Traditional Tibetan Medicine. Occasionally, Dr. Tsewang Tamdin conducts medical related talks and training to the young graduate doctors as well as to the intern students. In October 2012, he was nominated for member of Central Council of Tibetan Medicine and serving as an executive member of CCTM till date. As a part of his routine, he provides health consultations to general public from morning 5am to 1pm every day.

Overall, Dr. Tamdin has served for 40 years in medical profession and currently, he is designated as a Medical Superintendent of Men-Tsee-Khang; Tibetan Medical Institute, Dharamsala and also serving as a personal visiting physician to His Holiness the XIVth Dalai Lama.

Graduation - 1978

Group photo of Second Graduation FROM
Central Tibetan Astro-Medical College;
 Dharmsala, H.P. India
 1978



L. to R.
 1st row Sitting :- Asst. Director, Rev. T. Norbu, Mr. Sonam T. Khangleb, Dr. J. Tashi, Physician of
 H.H. The Dalai Lama, Prof. P. Wangyal Bharshce, Astrologer J.G. Dakdhon,
 Dr L. Chopel, Rev. T. Gyatso.
 2nd row Standing :- Miss P. Yangzom, Mr. K.S. Singhe, Mr. D.P. Yonten Mr. D.T. Tamding,
 Mr. A.T. Namgyal, S. Wangdu Changbar, Mr. N. Rinchen Faypa, Mr. N.G. Gyatso,
 Miss S. Chungla.



hard pills in large centrifugal vats.

To conclude, Dr. Tamdin invited questions. One member of the audience asked whether he would be able to bring a sample of his father's urine together with a description of his illness for a herbal prescription. Dr. Tamdin explained that while pulse diagnosis provides valuable insight into the nature of an illness, often in Tibet and India,

Dr. Tamdin and other Tibetan doctors are available for consultations through the Tibet Foundation. The Foundation will be hosting further lectures on Tibetan medicine. For information write to: Tibet Foundation, 43 New Oxford Street, London WC1A 1BH or Phone 071 379 0634.



ASTHMA

Dr Tamdin explains the nature and treatment of asthma from the perspective of Tibetan medicine. He was interviewed in London by Caroline Hartley, a Tibet Foundation volunteer.

What is asthma?

The Tibetan name for asthma is 'uksak'. 'Uk' means 'breath' and 'Sak' means 'stop'. There are many types of uksak because there are many causes of its onset.

substance or environment causes the allergic reaction, and one suffers more frequent attacks, this may lead to the development of asthma.



ہندوستان میں تبتی طریقہ علاج کی مقبولیت میں اضافہ مریضوں کا تبتی جڑی بوٹیوں سے شفا پانا آسان ڈاکٹر نام ڈین کا دعویٰ

گھٹیا ہائے 'ہیلیا' سردی 'کام' نیت کی بیماری' ہندوستان میں پختے بھی تبتی طریقہ علاج کرنے والے میڈیکل انسٹی ٹیوٹ ہیں ان پر لوگوں کا اعتماد ہے۔ شاید اسی لئے ہمارے لئے ملک کے گوشے گوشے سے مریض آتے ہیں اور صحت یاب ہو کر لوٹ جاتے ہیں۔

ایک سوال کے جواب میں انہوں نے یہ بھی کہا کہ عام طور پر ہمارے یہاں کوئی شخص کسی خاص مرض کا اسپیشلسٹ نہیں ہوتا ایک ڈاکٹر علاج کی کسی خاص دواؤں سے واقفیت رکھتا ہے۔ اسی ہمارے یہاں تقریباً 101 قسم کی دوائیں موجود ہیں۔ انہوں نے کہا کہ تبتی میڈیکل انسٹی ٹیوٹ کو ہندوستان میں کام کرنے



تبتی دوا 13 اپریل (ہوامیڈرو) آن تک انسان اپنی ضروریات اور سہولت کے اعتبار سے لطف طریقہ علاج کو اپنا آ گیا ہے۔ بہت سارے امراض ایسے ہیں جن کا صحیح علاج انگریزی دوائی 'ایروڈیو' دیکھو سے ہوتا ہے۔ یہی نہیں کچھ طبی علاج ایسے بھی ہیں جو کسی مخصوص اور سنگین بیماریوں کے لئے بہت ہی فائدہ مند ثابت ہوئے ہیں اور جس کی بنیاد پر اس طریقہ علاج کی شناخت بھی قائم ہوئی۔

تبتی ایسی ہی ایک طریقہ علاج ہے جو اب ہندوستان میں کامیاب اور مقبول ہو جا رہا ہے۔ ہندوستان میں ہمارے پرنٹل میں سب سے پہلے تبتی میڈیکل انسٹی ٹیوٹ کے نام سے 1960ء میں گھولا گیا تھا۔ ہمارے پرنٹل میں



THE MAGIC TOUCH: "It is a science, not magic," says Dr. Tsewang Tamdin of the Tibetan Medicine and Astrological Centre at Nizamuddin. Photos: N. Srinivasan






