

# CENTRAL COUNCIL OF TIBETAN MEDICINE



CIRCULAR - CCTM/D-8/COVID-2/2020-21

DATE: 8TH JUNE 2020

## GUIDELINES ON MANAGEMENT OF COVID-19

### 1. AIMS & OBJECTIVES:

- 1.1 At a time when whole world is battling to fight against COVID-19 and in this time of emergence *Sowa-Rigpa* (Tibetan Medicine) sees great potential to serve the human kind through this ancient medical system.
- 1.2 During the course of treatment every *Sowa-Rigpa* practitioner should solely base the treatment as per *rGyud-bZhi*.
- 1.3 With regard to the seriousness of the spread, treatment for both positive with asymptotic and positive cases with mild cases should administered under the guidelines set by the Government.
- 1.4 Incase the pandemic worsen and designated Covid Care Centre goes out of bed we should be ready to take over quarantined people at home through proper guidelines and guidance.
- 1.5 If *Sowa-Rigpa* gets nod of acceptance to practice in any of the Covid-19 effected country, we shall work and abide by the law and guidelines set by the concerned region.

## **2. CRITERIA:**

### **2.1 Doctors:**

All the practitioners should be a registered doctor under CCTM. Doctors age should be below 65 and should not be under medication for diabetes, cancer and other highly immunodeficiency problems.

During the course, doctors and nurse should be well equipped with PPE and all the requirements set by WHO and guidelines as per *Sowa-Rigpa*.

### **2:2 Segregation of patients:**

All the patients with mild and moderate cases under:

1. Pre symptomatic
2. Asymptomatic
- 3 Symptomatic

In special cases like minor, old age, pregnant and severe and highly critical cases should be attended only after consent from higher authority and as per the government guidelines.

## **3. TREATMENT MODALITIES:**

Stage one - Initial (Unripened fever) or Incubation period.

At the onset of unripened fever or during the incubation period, administer *Trul-Thang*, *Norbu-7-Thang*, *Nyen-Thang-15* and *Namgyal Thang-Nag*. Each medicines should be prescribed in accordance to patients constitution and condition at the time. It is very important to stay warm and relaxed during this period.

3:1 During Acute Inflammation and aggravation of the disease.

In the middle stage, when fever rises and disease start to aggravate, administer *Tasi-Marpo*, *Tso-Khyung*, *Tso-Gye + Norbu-7-Thang*, *Tso-Gye Yurilma*, *Lotse-Kunsel*, *Solo-4-Thang* along with decoction of *Phur-Nag*, *Bon-Kar-13* and *Pang-Tzi-12* as an anti-inflammatory medicines in general.

In a specific condition wherein the disease infiltrate as part of the complications into individual organ of visceral and hollow organs, it has to be treated accordingly as follows:

Against Heart: *Agar-8, Bimala, Drongtse-Argye*, Lung: *Lotse-Kunsel, Truglo-Kunsel, Pangyen-15, chugang-25, Tsowo-25, Gadur-25* and *Duetsi-Chisoe*, Liver: *Giwang-9+Kyung-5, Dayoe Chin-Chue-Chenmo, Mensil* and *Namser*. Kidney: *Aru 10 + Kyung-5* and *Basam*, Brain: *Mutig-25, Lamey-25*, Stomach: *Dashel-37* and *Yu-khyung - Karnen*, Intestine: *Serdog-5 + Kyung-5, Drag-Khyung* and *Serdog-11*, Nerves and Tendon/ligament: *Samnor, Jangchoe-37*, Skin: *Gawa-16 + Nila, Gur-Khyun-Chagdor*.

Once inflammation subsides with adequate health condition, it is advisable to go for purgative therapy with *Nyen-Jong Dagpo-13*. During this time, it is advised to have good rest and stay in cool place, and avoid taking curd, sweet, red meat and sour food and beverage.

### **3.3 Pacification of the vitiated rLung or wind energy**

Lastly, during the phase of vitiated *rLung* (wind energy), administer *Agar-35, Dransong-Argye, Agar15, Agar-20* and *Sil-Chue-15*. At this stage, recognizing the threshold of an inflammatory fever and ensuing *rLung* (wind energy), timely pacification of the vitiated *rLung* is very important. Therefore, with strict adherence to proper diet and life style at this critical juncture, advice taking highly nourishing food including the intake of bone soup.

## **4. ADVISORY BOARD MEMBERS:**

For any queries, following appointed doctors can be contacted by doctors who are practicing Sowa Rigpa.

Dr. Tsewang Tamdin, Personal visiting physician to His Holiness the Dalai Lama

Prof. (Dr.) Lobsang Tenzin Rakdho

Dr. Dorjee Rabten Neshar

Dr. Namgyal Qusar

Dr. Dr Jampa Khedup

## **5. FORMS:**

5:1 Consent form

5:2 Case Record / Progress record form

## **6. CAUTION:**

- 6.1 These guidelines are primarily aimed for the Sowa Rigpa doctors. Above mentioned medicines are not allowed to take without doctor's consent or prescription.
- 6:2 Without patients full consent doctor can not continue to keep the patient under observation despite having all symptoms mentioned in the Covid-19 guidelines.
- 6:3 While undertaking the treatment, if an emergence situation like respiratory problem arises in the patient, the patient should be immediately directed and consulted to the Covid-19 facilitated hospital without any delay.
- 6:4 Patient should be directed to know the requirements and importance of consent and progressive forms.
- 6:5 At the time of actual treatment, patients registration forms, diagnostic report, and health record of the individual patients should be properly filed.
- 6:6 It is not allowed to proclaim to cure Covid-19 by means of Sowa-Rigpa through in any means of social media. This kind of act would be violation of rules and regulation and can possibility confiscate doctor's registration certificate. Therefore, one should be very careful in this regard.
- 6:7 In the course of treatment, one should abide by the rules and regulation and medical guidelines issued by the central and the state government.

The Above guidelines has been prepared by the following senior Tibetan Doctors:

Dr. Tsewang Tamdin; Personal Visiting Physician to His Holiness the Dalai Lama  
Prof. (Dr) Lobsang Tenzin Rakdho, Dean, Central Institute of Higher Tibetan Studies  
Dr. Dorjee Raptan Neshar, CMO, Bangalore Men-Tsee-Khang  
Dr. Namgyal Qusar, Director, Qusar Tibetan Healing Centre  
Dr. Tsering Thakchoe Drungtso, Director, Drungtso Tibetan Medical & Astrology

Dr. Thinles Yangjor, Associate Professor, Central Institute of Buddhist Studies  
Dr. Thokmay, Senior Physician, Khangkar Memorial Hospital  
Dr. Tenzin Namdul, Teaching Faculty, University of Minnesota  
Dr. Rabga Bhutia, Pharmacist, Chagpori Tibetan Medical Institute  
Dr. Tsering Tsamchoe, Chairman, Central Council of Tibetan Medicine

\*\*\*\*\*