

CENTRAL COUNCIL OF TIBETAN MEDICINE



CIRCULAR - CCTM/D-8/COVID-1/2020-21

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GUIDELINES ON SELF CARE & PREVENTIVE MEASURES OF COVID-19

1. Background

In the wake of Covid-19 outbreak, the entire world is suffering and despite worldwide efforts to contain it, the pandemic is continuing to spread and no vaccine or medicine has been regulated yet. The dimension of pandemic requires an urgent intrusion of all knowledge systems available globally. To protect from this highly infectious disease WHO has urged to wear mask, follow social distancing and frequent hand washing with soap.

As said in *rGyud-bZhi*, four medical Tantra, “Those who wish to remain healthy and those who wish to cure others “the preventive measure before the onset of disease remain the vital point. Sowa-Rigpa; commonly known as Tibetan Medicine has enough potential and possibilities to be employed both for treatment and prevention of SARS CoV and COVID 19. Therefore the special team of 10 Tibetan senior physicians (SARS-CoV-2 research and Expertise Team) has been formed and deliberated to frame a fundamental guidelines for all the Sowa- Rigpa practitioners to follow.

2. AIMS / GOAL:

- 2.1 This guideline is issued in the interest of public health in general and primarily to take preventive measure against Covid-19.
- 2.2 This guideline aims to provide standard guidelines for all the Tibetan medical practitioners including physicians, nurses and health workers.

3. MAIN PREVENTIVE MEASURES THROUGH:

- 3:1 Right food and beverage
- 3:2 Body, mind & speech
- 3:3 Mantras and Amulets
- 3:4 Incense and ointments
- 3:5 Oral Medicines

3:1 Dietary Approach:

What to Avoid:

Uncooked, raw and stale vegetables, cold refrigerated food. Wild animal's meat. Beverages like strong tea, cold aerated drinks, ice cold water. Cold milk, sour curd, sweet food products. Alcoholic drinks.

Favorable food - It is favorable to take boiled hot water, ginger, honey, turmeric and garlic. Along with that adding cumin, coriander in food is beneficial. Porridge made out of Wheat, *Tsampa* (roasted Barley flour) and rice is beneficial. Consume steamed vegetables and chicken broth, bone soup with garlic, long pepper and coriander. Take seasonal fruits like orange, apple, pomegranate and raisins.

Behavioral Aspects:

Things to Avoid:

Doing non-virtuous act like killing and butchering. Keep kitchen and hearth clean. Travelling and outing with large gathering unnecessarily. Do not sit and sleep directly under fan and air condition. Room should have proper ventilation and light. Mid-day sleep. Spitting in public places. Getting anxious and disheartened for no reason.

ADOPT and Practice:

Stay at home, solitary retreat. Regular physical exercise, Yoga and Pranayamas. Eat and sleep on time. Wash your hands frequently with soap, wear mask. Maintain social distancing of at least 1 meter (3 feet). Maintain calmness and relaxation of mind and body. Accumulate good deeds and virtues, Mindfulness Meditation.

Protection through Mantras and Sacred Amulets:

Associating one with personal deities, recite the mantra of Medicine Buddha, Hayagriva, Avalokiteshvara, Padmasambhava and Lhamo Logyonma, and sacred mantra of contagious flu. The protective wheel and antiviral gear namely Nagpo gujor and Rimsung Rilbu as classified in the sacred text should be used and worn in the neck and inhale them time to time.

Inhalation of incense and skin application:

Add *gugul* and *Khenag* on burning incense powder for disinfecting the air. A new balm called *Nad-Gog dudtsi thig-pa* can be applied around the nose, ear and the exposed skin. Always wear and sniff Rimsung Dorjee Phalam and Rimsung Rilbu attributed by Nagarjuna. It can be applied on the skin as well.

Immune Boosting Oral Medications:

To enhance immune system, take *Dashel-duetzi-ma* or *Drub-thob Rilkar* in the morning. For calming the mind and pacifying anxiety, either *Ar-lu* or *Tsanglha* should be taken at night. To combat cold and flu from the very onset, take *Trul-Thang* or *Norbu 7 thang*. *Rinchen Mangjor* or *Drangjor* can be taken once a week.

4. CAUTION:

- 4:1 The above guidelines are issued in general terms. Concerned doctors have to take a call for individual cases when need.
- 4:2 The above guidelines are issued for the health and healing of both mind and body and as part of the preventive measures to fight Covid-19. Nevertheless, it doesn't claim to give full protection from infection.
- 4:3 This guideline doesn't mention and claim to cure Covid-19.

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

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