

...ΚΑΙ ΑΣΚΛΗΠΙ-  
...ΑΝ, ΚΑΙ ΘΕΟΥΣ ΠΑΓΙΑ  
...ΡΑΣ ΠΟΙΕΥΜΕΝΟ ΕΓ ΚΑΙ  
...ΑΜ... ΚΑΙ ΚΡΙΣΙΝ... ΕΙΝ  
...ΦΗΝ... ΗΝ ΔΕ ΗΓ... Ε ΚΑΙ  
...ΣΕ... ΧΝΗΝ... ΔΑ Ξ  
...ΚΑΙ... ΝΑ... ΣΙΝ Ε  
...ΤΑ... ΙΗΣΑ... ΗΙΖΟ  
...ΔΕ... ΣΟΝ Ε... ΗΙΖΟ  
...ΤΗΝ ΤΕΧΝΗΝ ΤΑΥΤΗΝ Ξ  
...ΝΕΥ ΜΙΣΘΟΥ ΚΑΙ Ξ ΚΑ  
...ΑΚΡΟΝ... ΚΑΙ ΤΗ  
...ΚΙΝ ΠΟ...



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Alexandros Tilikidis

# Participation in 3rd Sowa Rigpa Day



First of all, I would like to greet this Academical activity of **THE CENTRAL COUNCIL OF TIBETAN MEDICINE**. It is very important for modern people to understand the value of Tradition. In this rapidly changing world, globalization is trying to disappear all the traditional knowledge in every field of human activity and mainly in traditional medicine. It is very important for every country, every civilization to keep tradition alive and mainly medical tradition. Of course, you the Tibetan people have a very deep understanding of how important it is to keep your tradition and memory alive, and that's why I accepted your invitation to participate in this Academical activity with great pleasure.

Secondly, I would like to personally thank  
**Dr. Tsering Tchamchoe**, which invited me  
to participate in this congress.

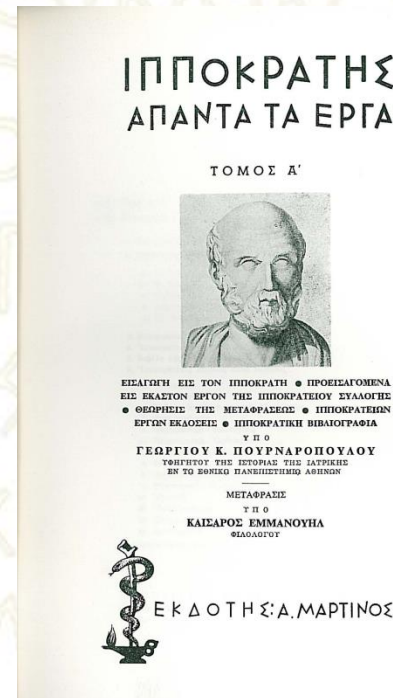
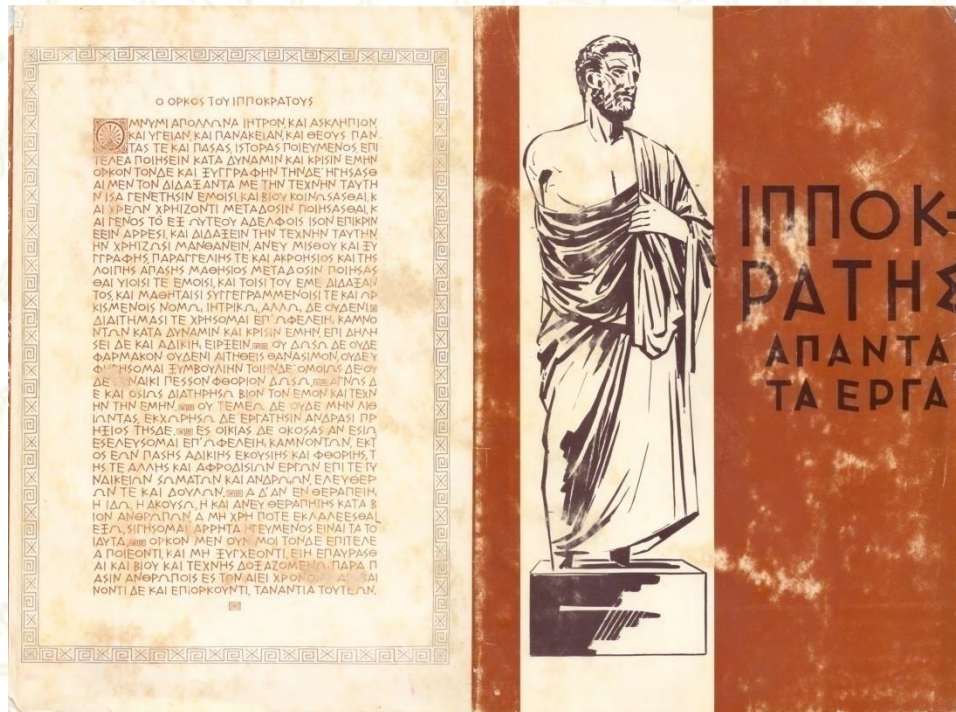
My name is **Alexandros Tilikidis** and I was born in Athens, Greece, 16 May 1966.

I graduated from Medical University in Greece 1991. So at the age of 25 I became a medical doctor and I started my medical career.

In 1994 I started studying **Acupuncture** in a school for medical doctors in Athens, Greece. And since then I practice acupuncture in Athens, Greece.

In 1997 I started my specialty in Western medicine (Rehabilitation Medicine) in the Hospital of **Asklipion** in Athens, Greece (we have only one with this name).

In the library of this Western Hospital I found the **books of Hippocrates**, all his works collected in six volumes.



I had met Hippocrates before, the well-known **father of Medicine** when I was a medical student but I didn't understand anything of him. After my studies in Basic Theory of TCM in China, I started to understand his sayings.



Hippocrates 460 - 377 B.C.



TRADITIONAL  
HELLENIC MEDICINE



My work is to present to you  
**Traditional Greek or Hellenic Medicine**  
(from Hellas which is the official name of Greece today),  
and my opinion concerning the pandemic, **COVID-19**.

So, we begin with the presentation  
of **Traditional Greek (Hellenic) Medicine**.

**Traditional Greek (Hellenic) Medicine** is very old, as all medical traditions of every country.

The God of Medicine in Ancient Greek religion was **God Apollo**, who was the **God of sunlight**.



Apollo of Olympia 460 B.C.

I mention **God Apollo** as the **God of sunlight** to remind you that the face of **Buddha** (which means enlightenment) derives from the face of Greek God Apollo.



Apollo, 4th century B.C.



Gandara Buddha,  
50 B.C.-75 A.D.

CHRISTOPHER I. BECKWITH



# GREEK BUDDHA

PYRRHO'S ENCOUNTER WITH EARLY BUDDHISM  
IN CENTRAL ASIA

One of the descendants of the Greek God Apollo is the famous **Hippocrates**.

**Hippocrates** is the most well-known figure of Traditional Greek (Hellenic) Medicine.



Hippocrates 460 - 377 B.C.

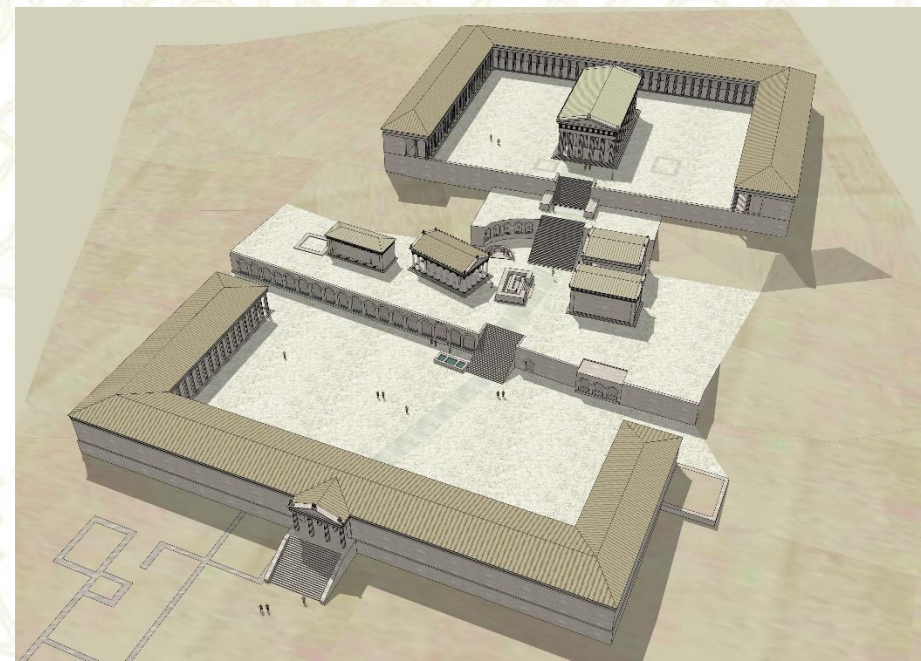
**Hippocrates** was **born** on the **island of Kos** in the Aegean Archipelagos. He was born in the year 460 B.C., and he is a well-known historical person. He died in the year 377 B.C



His father and grandfather (whose name was also Hippocrates) were priests in the **Asclepion of Kos**.

**Asclepion of Kos Island** at that time was one of the **most important hospitals of the ancient world**.

So, **Hippocrates** was born and raised in a medical environment inside the Asclepion of Kos.





But very soon he decided not to follow the career of his father, grandfather, and ancestors inside the Asclepion of Kos, but to **become a cosmic medical doctor and teach medicine to everybody including women.**

So, Hippocrates established the very famous medical school of Kos which was one of the ancient Greek schools of antiquity.



In his school Hippocrates trained many medical doctors and wrote many books, which most of them exist till today.

## Hippocratic Corpus Translated in English

### Possibly genuine works of Hippocrates

[On Ancient Medicine](#) or *Tradition in Medicine* (LCL 1)

*Prognostics* (LCL 2)

*Aphorisms* (LCL 4)

*Epidemics I and III* (LCL 1)

*On Regimen in Acute Diseases* (LCL 2, 6)

*On Airs, Waters, and Places* (LCL 1)

*On the Articulations* or *On Joints* (LCL 3)

*On Fractures* (LCL 3)

*On the Instruments of Reduction* or *Mochlicon* (LCL 3)

*On Injuries of the Head* (LCL 3)

The [Hippocratic Oath](#) (LCL 1)

*The Law* or *The Canon* (LCL 2)

*The Physician's Establishment* or *Surgery* (LCL 3)

### Works of Polybus

[On the Nature of Man](#) (LCL 4)

*Regimen in Health* (LCL 4)

### Works predating Hippocrates

*Prorrhetics I* (LCL 8)

*The Coan Praenotions* <sup>[35]</sup> (LCL 9)

### Gynecological works

*On Semen or Generation* or *On Intercourse* (LCL 10)

*On the Nature of the Child* or *Pregnancy* (LCL 10)

*On the Diseases of Women*

*On Sterile Women* or *Barrenness* (LCL 10)

*On the Diseases of Young Women* or *Girls* (LCL 9)

*On Superfoetation* (LCL 9)

*On the Nature of the Woman* (LCL 10)

### Works of the age or spirit of Hippocrates

*Prorrhetics II* (LCL 8)

*On Ulcers* (LCL 8)

*On Fistulae* (LCL 8)

*On Hemorrhoids* (LCL 8)

[On the Sacred Disease](#) (LCL 2)

*On Airs or Breaths* or *Of the Pneuma* (LCL 2)

*On the Places in Man* (LCL 8)

*The Art* or *The Science of Medicine* (LCL 2)

*On Regimen* (LCL 4)

*On Dreams* (LCL 4)

*On Affections* (LCL 5)

*On Internal Affections* (LCL 6)

*On Diseases* (LCL 5, 6, 10)

*On the Seventh Month's Foetus* (LCL 9)

*On the Eighth Month's Foetus* (LCL 9)

*Epidemics II, IV–VII* (LCL 7)

*On the Humors* (LCL 4)

*On the Use of Liquids* (LCL 8)

### Post-Hippocratic works (age of Aristotle and Praxagoras)

*On the Heart* (LCL 9)

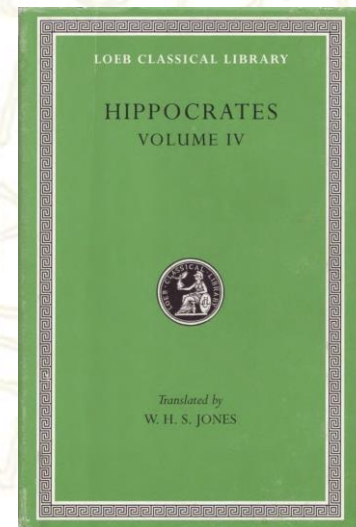
*On Aliment* or *Nutrimment* (LCL 1)

*On Fleshes* (LCL 8)

*On the Weeks* or *On Hebdomads* or *On Sevens* (survives completely only in Latin translations: text [Roscher 1913](#))

*On the Glands* (LCL 8)

*On the Veins* (an excerpt from *On the Nature of the Bones*, LCL 9)



### Late and dubious works

*On the Physician* (LCL 2, 8)

*On Decorum* or *On Honorable Conduct* (LCL 2)

*Precepts* (LCL 1)

*On Anatomy* or *On Dissection* (LCL 9)

*On Dentition* (LCL 2)

*On the Excision of the Foetus* (LCL 9)

*On Vision* (LCL 9)

*On the Nature of the Bones* (LCL 9)

*On the Crises* (LCL 9)

*On Critical Days* (LCL 9)

*On Purgative Medicines* or *Remedies* (not in

Littre or LCL editions: text [Schöne 1920–1924](#))

*Letters and Speeches (Hippocrates:*

*Pseudepigraphic Writings*, Leiden: Brill, 1990)

**The basic ideas of Hippocrates were that:**

**1. Human beings are a part of the whole universe,** and that the laws that govern the universe also govern human beings. Nowadays we call this idea holism.

**2. Medical doctors in order to understand human beings, they have to understand the universe.** The way to understand the universe is through observation of the physical phenomena and not through beliefs. The sensory organs of each human are the tools we use to observe and understand the universe.

### **3. Everything is consisted of the four elements**

(fire, air, water, earth), the environment and human beings themselves. Inside the human beings there are the four humors (bile, blood, black bile and phlegm) but the important thing is not the humors, but the four elements.

**4. There are no diseases but patients that suffer.**

A good doctor must not treat the disease but the patient.

## **5. The best medical doctor is Nature**

“nature treats everything” and good medical doctors must support Nature and never work against Nature.

**6. Everything is fire - water** (yin - yang of the Chinese) and in the human being this is related with activity (fire - yang) and food (water - yin). The balance between them brings health and longevity. The unbalance brings suffering, and a good medical is the one who tries to bring the patient back into balance.

**7. The human beings are born in a situation of heat (warmth) and wetness, and they die because of cold and dryness.** And there are many other very important ideas in the teachings of Hippocrates.



What I suggest you study are:

**“About air, water, places”**

**“About regimen 1”**

**“On the Weeks”**

His works available in the Loeb Classical Library edition (<https://www.loebclassics.com>) of Hippocrates are:

**Volume I:** Ancient Medicine. Airs, Waters, Places. Epidemics 1 and 3. The Oath. Precepts. Nutriment.

**Volume II:** Prognostic. Regimen in Acute Diseases. The Sacred Disease. The Art. Breaths. Law. Decorum. Physician (Ch. 1). Dentition.

**Volume III:** On Wounds in the Head. In the Surgery. On Fractures. On Joints. Mochlicon.

**Volume IV:** Nature of Man. Regimen in Health. Humours. Aphorisms. Regimen 1–3. Dreams.

**Volume V:** Affections. Diseases 1–2.

**Volume VI:** Diseases 3. Internal Affections. Regimen in Acute Diseases.

**Volume VII:** Epidemics 2 and 4–7.

**Volume VIII:** Places in Man. Glands. Fleshes. Prorrhetic 1–2. Physician. Use of Liquids. Ulcers. Haemorrhoids and Fistulas.

**Volume IX:** Anatomy. Nature of Bones. Heart. Eight Months' Child. Coan Prenotions. Crises. Critical Days. Superfetation. Girls. Excision of the Fetus. Sight.

**Volume X:** Generation. Nature of the Child. Diseases 4. Nature of Women. Barrenness.

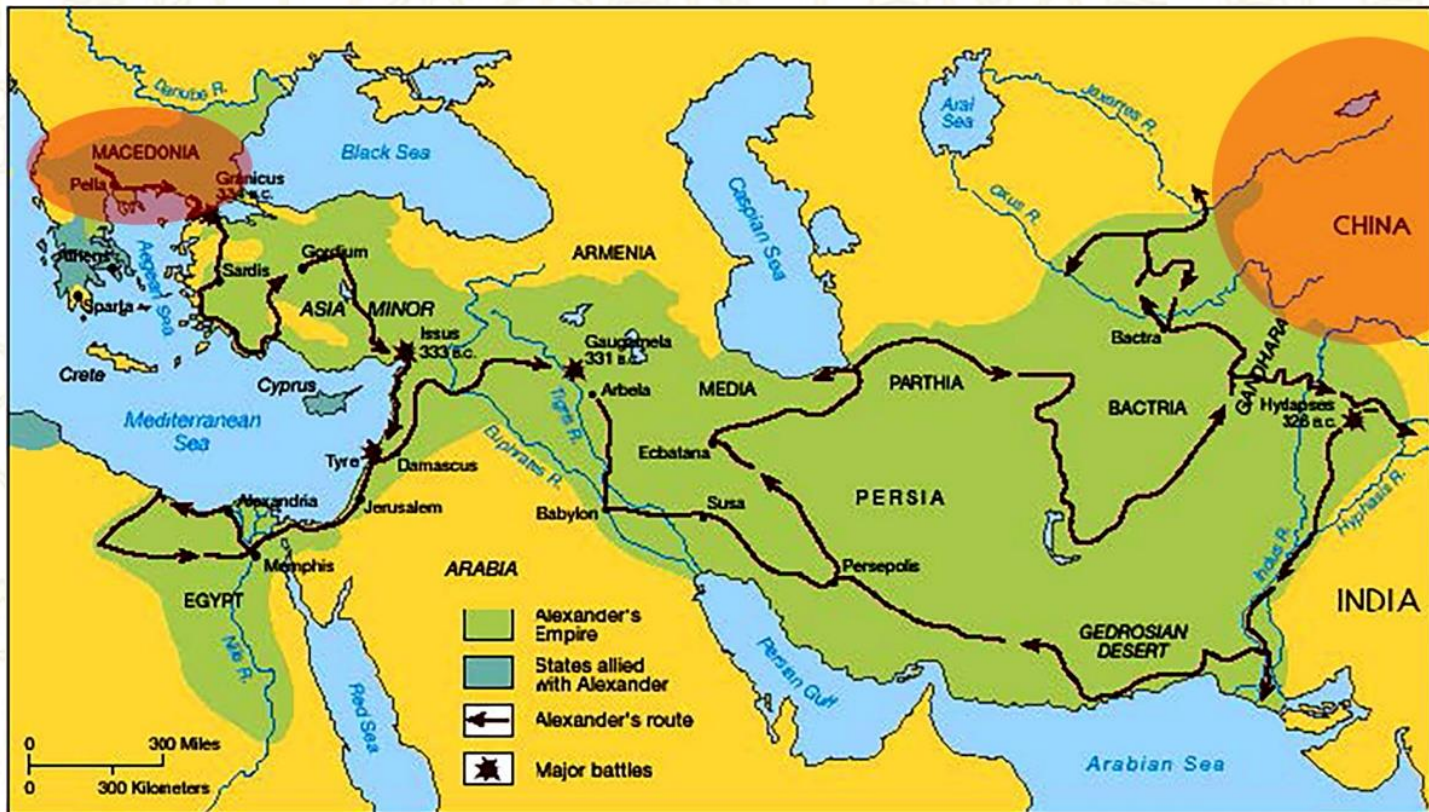
**Volume XI:** Diseases of Women 1–2.

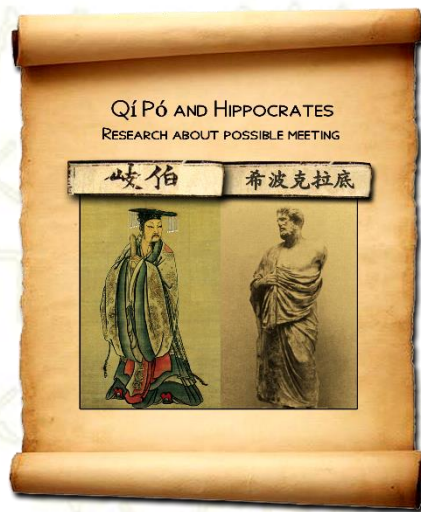
This volume also contains the fragments of **Heracleitus's** On the Universe.

Concerning history of Medicine, the medical system and the ideas that Hippocrates was created during the ancient **Greek Golden Century (between 5-4 B.C.)** influenced all the other medical traditions in the known - old world.

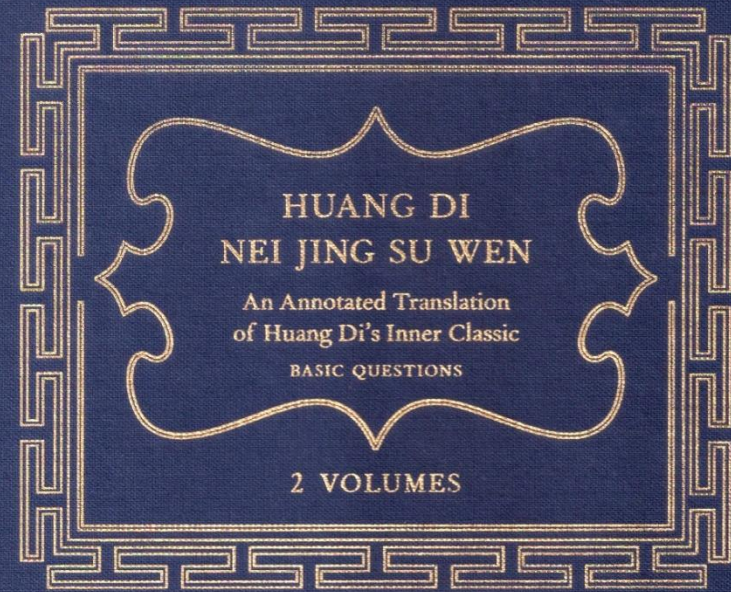


First of all the grand son of Hippocrates (Hippocrates the third, the father of Medicine was Hippocrates the second) was personal doctor of Alexander the Great and his wife Roxanne. He travelled with Alexander the Great at the East and probably met with Chinese.





Dr. Paul U. Unschuld who translates **Huandi Neijing Su Wen** and **Ling Shu** from ancient Chinese in English and German **claims that the Minister of Huang Di is Qi Po** which is coming from the **Hippocrates** → **Qi Po**. The Medical ideas that existed in this book (which was written at the 160 B.C.), are very similar with Hippocratic ideas.



Paul U. Unschuld AND Hermann Tessenow

Volumes of the *Huang Di nei jing su wen* Project  
Paul U. Unschuld, General Editor

Also **Tibetan Medicine** was created from the Tibetan Emperor **Songsten Campo** who invited **Greek, Indian and Chinese doctors** in the **7<sup>th</sup> century A.D.** in **Tibet, Lhasa.**



So in the traditional Tibetan Medicine there is the sperm of Hippocratic ideas.



JOURNAL ARTICLE

## The Introduction of Greek Medicine into Tibet in the Seventh and Eighth Centuries

Christopher I. Beckwith

Journal of the American Oriental Society

Vol. 99, No. 2 (Apr. - Jun., 1979), pp. 297-313 (17 pages)

Published By: American Oriental Society

Also the **Traditional Persian Medicine** which is based in the teachings of **Ibn Sina (Avicenna) 1000 A.D.**, was also influenced by the Traditional Greek and the Hippocratic Medicine.



**Ibn Sina (Avicenna) 1000 A.D.**

Also the **Unani Medical System** which is practiced in the whole India is based in the **YUNAN Medicine** which is the Ancient Greek-Hippocratic Medicine (also humoral medicine).





**YUNAN** is the known **IONIA**, the seaside of the recent Turkey in the Aegean Archipelagos. In this area of Ancient Greek, IONIA or YUNAN, belongs also the **island of Kos**, were **Hippocrates** was born.

So **YUNANI-Tibb Medicine**, is also a branch of Ancient Greek Medicine, influenced by the Hippocratic ideas.



So it is **very important** for those that they serve Traditional Medicine all over the world, **to recognize** their ancestors **Hippocrates** and **Traditional Hellenic (Greek) Medicine**.

We have to worry and take care about the Traditional Hellenic (Greek) Medical System, because it is threaten with Globalization in the modern world.

TRADITIONAL  
HELLENIC MEDICINE



About the **COVID-19, pandemia**  
I have to say.

According my humble opinion in Greece (Hellas) where I use to live there was nothing like COVID-19 Pandemia. All these is a scenario and a political project. I speak about Greece and I don't know what happened in the other countries like India, or China.

In Greece we never had a COVID-19 pandemic. All the COVID-19 patients I met (since January 2020), were common cold patients with positive test in COVID-19. This test COVID-19 (rapid or other tests), is a fake test that it has false positive and negative results. It is not a reliable test.

They were **common cold patients** and not flu patients.

Because during the winter months only the external evil of wind-cold-dampness, influence humans. The same happens also in summer months with cold drinks, cold water, ice creams, etc.

Sometimes we have transmission of wind-fire evil (which we call virus in general or COVID-19 in our case) from humans to humans. The reason that some people get effected and some people no is the situation of the defense energy of each person. If we have a weak defense energy because the invasions of wind cold, then we can have the transmission of the virus.

So if we want to protect our patients for COVID-19 we have to protect from the invasions of **wind-cold**, which cause **common cold** and **all the similar** with **COVID-19 symptoms**.

What the medical system in the West and specially in my country in the Hospitals made to those poor COVID-19 patients, it is awful. The medical personnel in the Hospitals in Greece left COVID-19 patients alone, or in big rooms with other the same, with open windows during the winter months, without blankets. With very bad quality of food, with relatives that they cannot visit them and with a very special cocktail of medical drugs:  
Cortisone, Remdesivir, etc.

The medical doctors according again to protocol of death decided if they intubated or not! After intubation the most patient died. These happened during the two winters from **March 2020 - May 2020** and from **November 2020 - May 2021**.

From the **beginning of 2021** they start to vaccinate the people. So a new big crime started with the blessing of politicians medical doctors, journalists and silent judges. Because of the vaccination we have now many deaths and many severe side effects. Many patients after vaccination they develop blood abnormalities and specially blood stasis (stagnation of blood). Because of stagnation of blood we have problems with heart and brain. But also many others side effects different and very strange, some of them I have never see before in patients.

This is the truth about COVID-19 pandemia in Greece, a crime against human beings, because some dark minds decided to control the population of the world.

I'm very sad about this happens in Greece and in all over the world. You have to pray for us His Holiness Dalai Lhama and dear Tibetan brothers.





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**THANK YOU!**