



### **sMenrampa (Dr.) Lobsang Soepa**

Dr. Lobsang Soepa was born in Lhokha Yarlung family. He learned basic Sowa-Rigpa from his uncle, who was also a Sowa-Rigpa practitioner, and acquired practical training from him for almost three years. In 1992, he joined Men-Tsee-Khang College Dharamsala, India to pursue his Sowa-Rigpa studies in the 9<sup>th</sup> batch. In 1996, he graduated with the *Menpa Kachupa* Degree and he is also one of the few students who surpassed the memorization of (*Gyuesum*), the Root Tantra, Explanatory three and the Subsequent Tantra.

Since 1998 he was designated to work in various departments of Men-Tsee-Khang. He served as a doctor in pharmaceutical department, a lecturer in medical college, head of various branch clinics and awarded *Menrampa* (MD) Degree in 2008 after intensive training and examination. He had recently published a book named ཉིང་མཁོའི་སློབ་སྦྱོར་གྱི་ཁུངས་དང་། ལྷོ་ར་བ་མན་ཡོན་གྱི་ཚད་གསལ་བའི་མེ་ལོང་། which threw light on the source, benefits, and the measurements of various ingredients of the Sowa-Rigpa medicine. He also published another book which was a compilation of suggestions that he submitted for the betterment of Sowa-Rigpa and Men-Tsee-Khang. He has written various articles on Sowa-Rigpa as well.

From 2010 to 2013, he served as a board member in the 3rd term Executive member of the Central Council of Tibetan Medicine.

During his practice, he also visited various foreign countries such as Austria, Germany Switzerland, Japan, Kazakhstan, Russia, Thailand etc. to give medical lectures and health services. Currently, he is serving as a head of Dalhousie Men-Tsee-Khang Clinic, Himachal Pradesh, India.

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