

Lecture Topics and Their Synopsis

1. *Introduction to Traditional Tibetan Medicine, and Role of Dietary & Behavior in maintaining healthy mind & body*

Tibetan Medicine is centuries-old system of medical knowledge transmitted through generation to generation. Its fundamental principle is based on the five elements and Buddhist concept.

2. *Holistic Approach of Tibetan Medicine and the Role of Dietary & Behavior in maintaining good health*

Mind and body are two different entities, and these two affect each other both in maintenance of good health and in aggravation of disorders. Therefore, both mental and physical care should be maintained, particularly through dietary and behavioral intervention.

3. *Role of Tibetan Medicine in the West*

Tibetan Medicine can offer preventive care and treatment for some disorders, namely psychiatric disorders and chronic disorders, for which western medicine fails or becomes handicapped.

4. *Nyepa (Three Humors) – Their Function in the Body and Mind*

Health and disease is totally dependent on normal functioning of three humors.

5. *Ageing in healthy way, and dissolution of five senses at the time of death*

The four remedial measures and rejuvenation can prevent premature aging. The dissolution of the five senses and the five elements explains the process of death and the emotions of the dying.

6. *Diagnostic and Therapeutic Approach in Tibetan Medicine*

Diagnostic method involves three techniques—pulse examination, urinalysis, and interrogation. Treatment measures consist of diet, lifestyle, medicine and external therapies.

7. *General Healthcare through Diet and Behavior, and “Ma-shu-wa (Indigestion) according to traditional Tibetan Medicine*

Dietary and behavioral intervention should be deployed based on psychosomatic nature of an individual, seasonal changes, and geographical locations. Indigestion is the primary cause of all metabolic disorders due to absorption of unrefined food particles.

8. *Indigestion is the Root cause of Cancer and All Internal Disorders in Tibetan Medicine*

Indigestion leads to absorption of unrefined food particles into the blood circulation, thereby causing development of impure blood, which is the primary cause of all internal disorders.

9. *Cancer according to Tibetan Medicine*

Cancer, caused by impure blood, is classified into eighteen types.

10. *Pulse Diagnosis & Urine Analysis in Tibetan Medicine*

Pulse and urine examinations are the diagnostic methods detailed only in Tibetan Medicine, thereby revealing its uniqueness and richness of knowledge over other traditional disciplines.

11. *Longevity and Physical and Mental Wellbeing in Tibetan Medicine*

Dietary and lifestyle intervention are the two main tools responsible for longevity, physical and mental wellbeing.

12. *Maintaining Physical and Mental Wellbeing through Diet and Life Style in Tibetan Medicine*

Dietary and lifestyle regimes should be deployed particularly in accordance with psychosomatic nature of an individual, seasonal changes, and geographical location.

13. *Caring of Mental Illness in traditional Tibetan Medical Practice*

Mental illness can be treated, according to its primary cause, with dietary and lifestyle intervention, medicine, external therapies, ritual offering and performance, mantra recitation, and spiritual advice,

14. *Overcoming Physical and Mental Wellbeing in Tibetan Medicine*

Dietary and lifestyle intervention are the two main tools responsible for maintain physical and mental wellbeing.

15. *Traditional Tibetan Medicine – Past and Present*

The status of Tibetan medicine in the world before and after the Chinese invasion of Tibet