

# Traditional Tibetan Medicine

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## Commentary

Traditional Tibetan medicine is known as Sowa Rigpa. It is based on Buddhist tradition. Buddha's teachings spread in Tibet after the eleventh century. Gyud-Zhi (Four Tantra) is the classical text that describes eight branches, and three principles, similar to Ayurveda. Tibetan medicine is an ancient, timely healing tradition from Tibet. The Tibetan name is Sowa Rigpa, the science of healing. Tibetan medicine teaches that the purpose of life is to be happy. This holistic tradition consists of analyzing your unique inborn nature or constitution and making supportive lifestyle choices. Tibetan medicines are composites of various plants and occasionally minerals. Some Tibetan medicines have over 100 components. In each Tibetan medicine, some ingredients treat the underlying imbalance and others treat any side effects that may occur.

The system is based on indigenous medicine of Tibet enriched with Ayurveda, Chinese and Greek medicine. It is practiced widely in Sikkim, Arunachal Pradesh, Darjeeling (West Bengal), Dharamshala, Lahaul and Spiti (both in Himachal Pradesh) and Ladakh, according to the AYUSH ministry's website. The fundamental principle of Tibetan medicine is that the body, disease, and treatment, all share common principles and are comprised of the five elements, earth, fire, water, air, and space. The Four Tantras is believed to have been created in the twelfth century and still today is considered the

basis of Tibetan medical practice. The Four Tantras is the common name for the text of the Secret Tantra instruction on the eight branches, the immortality elixir essence.

Engage in circular breathing throughout the meditation: Breathe slowly and deeply through your nose, from your abdomen, with your in-breath the same length as out-breath, and no break in-between. In ancient times, Tibetan doctors collected animals, plants and ore to use as ingredients to cure diseases on the isolated plateau. Although economic and transport conditions on the plateau have improved today, Tibetan doctors like Gyaco still follow their ancient practices to provide affordable medical services.

Ayurveda, or ayurvedic medicine, is a healthy-lifestyle system that people in India have used for more than 5,000 years. Ayurveda emphasizes good health and prevention and treatment of illness through lifestyle practices (such as massage, meditation, yoga, and dietary changes) and the use of herbal remedies. Sowa Rigpa is a centuries-old traditional medical system that employs a complex approach to diagnosis, incorporating techniques such as pulse analysis and urinalysis, and utilizes behaviour and dietary modification, medicines composed of natural materials (e.g., herbs and minerals) and physical therapies to treat. The practice of Medicine Buddha (or Sangye Menla in Tibetan) is not only a very powerful method for healing and increasing healing powers both for oneself and others, but also for overcoming the inner sickness of attachment, hatred, and ignorance, thus to meditate on the Medicine Buddha can help decrease physical.

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