

PRACTICE FOR TRADITIONAL
TIBETAN MEDICINE

NEWSLETTER

2020-2021



Ladakh Project

This year I managed to visit Ladakh to supervise HCHF's (Himalayan Culture and Heritage Foundation) project and to meet the villagers of Rongdo village in Ladakh. The visit was very successful as I have seen the project sites and interacted with the villagers of Rongdo, which was very fruitful in terms of educating the villagers about the value of medicinal plants and other health-related issues. I visited the fields of every family and even helped them to find/recognize some more medicinal plants available in the village. Finally, I handed over some donations to the village members as a token of appreciation. The project team will encourage the families to continue cultivation more seriously, and the project will be expanded in years to come. The project team expects that this village will become an example for other villages in future.

If you wish to make the donation for this project, kindly transfer the amount to this bank account: IBAN NL23 INGB 00058329 92 t.n.v P.T.T.G in Ede.

Thanking you for your kind contribution.

Dear readers,

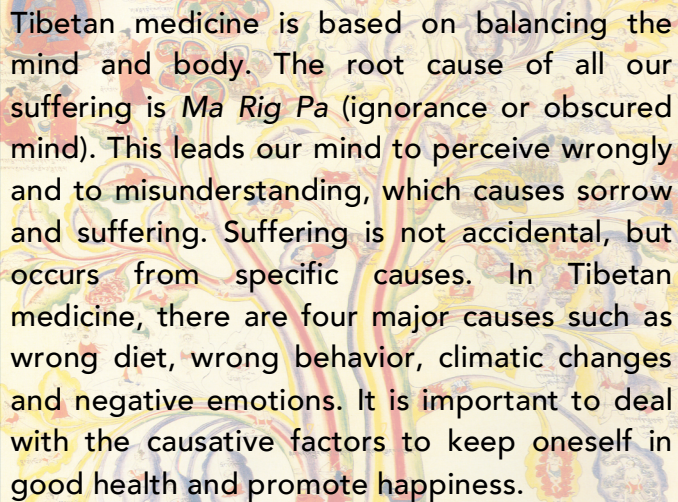
Tashi Monlam to all. I am deeply saddened to experience an unpleasant beginning of the year 2020 due to corona pandemic. I hope it won't last long and that you have a happy and healthy rest of the year. In this newsletter, I have tried to focus on sharing my knowledge and experiences on basis of preventive measures during the current pandemic according to Tibetan medicine. Above all, I would like to thank and share my gratitude all frontline workers in this corona period. Let's stay optimistic and pray to overcome this crisis together as soon as possible. Take precautions, stay home, stay safe, and stay calm.

There will be 2 workshops in 2020:

- Saturday, 10 oct 2020: How to maintain a healthy life according to the Tibetan medicine?
- Saturday, 7 november 2020: Mental health care in Tibetan medicine



Preventive measures to keep oneself in good health during this pandemic period



Tibetan medicine is based on balancing the mind and body. The root cause of all our suffering is *Ma Rig Pa* (ignorance or obscured mind). This leads our mind to perceive wrongly and to misunderstanding, which causes sorrow and suffering. Suffering is not accidental, but occurs from specific causes. In Tibetan medicine, there are four major causes such as wrong diet, wrong behavior, climatic changes and negative emotions. It is important to deal with the causative factors to keep oneself in good health and promote happiness.

For the past few months, the current ongoing Corona pandemic has become very urgent and frightening for many people; therefore, I suggest all readers to follow the advice given by health experts and to follow government regulations. Besides this, one can also practice mindfulness meditation, praying, breathing exercises, yoga, or any other techniques, which will help one to stay calm. It is essential that we all take responsibility for making our mother earth better by not wasting water, food, energy, or other basic daily needs. Let's build a harmonious, loving, and caring society. I strongly pray to the Medicine Buddha to end the Corona pandemic soon and for peace in the world.

I would like to share the precious knowledge based on Tibetan medicine (*Sowa Rig pa*), and my personal experiences based on three important points, to prevent and help to maintain a healthy state of mind and body in this crisis. These are:

1. Paying attention to your own immune system,
2. Treating common cold in early stages,
3. Keeping balance with your emotions.

1. Paying attention to your own immune system:

According to Tibetan Medicine, it is extremely important to pay attention to our digestive system. The digestive fire (*Me Dro*) is the basis of all digestive processes. Having good digestive heat helps to maintain good health, normal defecation and urination. A weak digestive system can be one of the causes of a weak the immune system, which can lead to autoimmune diseases and chronic illnesses. Illnesses such as indigestion, inflammation in the intestines, liver problems, weak blood circulation, production of mucus in the lungs, skin diseases, low resistance, diabetes, rheumatoid arthritis, muscle pain, tiredness, and low energy are some of the results of a weak immune system, making us more vulnerable to contagious diseases.

Recommended**Diet:**

It is advised to drink boiled water (tea temperature) regularly, especially every morning before breakfast, to improve the digestive heat. Boiled water helps to prevent gastric issues, constant pain, bloated stomach, and helps digestion. Warm, cooked, and light foods are recommended as well.

Diet to be avoided: raw foods in excess, ice cream, ice-cold water, unripe fruits, pickles, fermented food, cold drinks, excess sugar, white bread, sour food, raw meat, oily food, and overeating should be avoided.



Recommended diet: Drinking boiled water every day helps breathing, loosens mucus and cleans the trachea and lungs. Ginger-honey tea, herbal tea, fish, cooked vegetables, rice, warm soup cooked with garlic or ginger or coriander is also recommended.

Diet to be avoided:

Excess intake of meat, strong alcoholic drinks, fatty and salty foods, sweets such as sugar, ice-cream, chocolate, bananas, an excess of raw or uncooked food, ice cold drinks, excess of milk products, onion, lemon, mango, ice cold drinks, coffee and deep fried foods must be avoided.

Recommended behavior:

Inhaling steam for about a minute helps to the loosen sputum, open blockages of the sinuses, helps breathing and soothes the throat. Nine Tibetan breathing exercises are recommended before breakfast in the morning to help opening the three channels.

2. Treating common cold in early stages

It is essential to take care of the common cold in its early stages. Cold is classified in 8 different types in Tibetan medical texts. This is one of the most commonly- faced health problems in the world, but unfortunately it is usually ignored, plainly because everyone understands this as a secondary problem abiding for only few days. Various infections and complications such as fever, asthma, bronchitis, allergies, pulmonary problems and pandemics are the outcome of this negligence. .

If a cold is not treated on time, symptoms associated with fever such as strong headache, breathing difficulty, congestion in the chest, shivering, pain in the muscles & joints, heaviness of the body, unclear dreams, frequent yawning, lack of concentration, loss of appetite, dry tongue, thirsty and bitter taste in the mouth may occur. The pulse is thin, fast and shaky. Urine is red, cloudy, with thick sediments and a bad smell. The tongue is red with yellow coatings and mostly dry.



Behaviors to be avoided: Indulging in strenuous exercise, strenuous and violent activities, sleeping during daytime, carrying heavy loads, digging hard ground, cold-water bathing, exposure to dust, pollution, smoking, staying in an unhygienic environment, air-conditioned rooms, and humid and damp environments should avoided.

3. Keeping balance with your emotions

Our mind has the power to govern any emotions and psychological states such as: concentration, focus, awareness, calmness, happiness, sadness, anxiety, panic, and depression.

In Tibetan medicine, the principal causes of all the negative emotions such as attachment or desire, anger or hatred, closed-mindedness, and jealousy disturb mental peace and happiness. These negative emotions can also cause disturb to the three energies (loong energy, tripa energy, bad-kan energy), especially the loong energy. These three energies regulate all of the functions in the body and mind. *Loong* is the vital principle of the body, which makes a direct relationship between mind and our physiological state. The movements of the body and its organs, respiration, swallowing, digestion of food, as well as emotions, are all governed by the loong energy. Loong energy also governs the dispersion of bodily substances through the circulation of the blood and nervous systems. It helps transform the tissues, clears the sensory organs, and sustains life. Consequently, once the loong energy gets disturbed, it can lead to mental problems as well as physiological problems such as insomnia, dry cough, muscle spasms or cramps, high blood pressure, anxiety, lack of energy, weakening of sense organs, and stress. When loong energy is in state of equilibrium, mind and body will be more balanced, which leads to a good health.

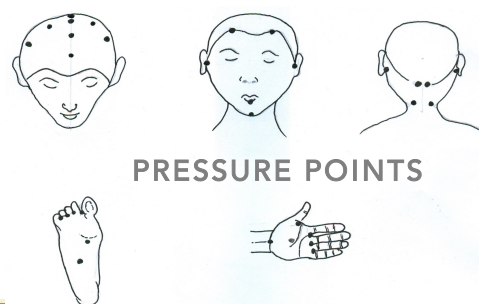
Recommended diet: warm milk, warm soup (adding ginger, cardamom and cumin), broth; nettle soup; cooked vegetables; warm tea; warm milk; butter; lamb; fish; garlic and onions is recommended.

Diet to be avoided: strong black tea, strong coffee, excess green tea, excess jasmine tea, sparkling water, too much fried food, energy drinks, and an excess of raw food.

Recommended behaviour: Stay calm and relax the mind. Do light breathing exercises to reduce the negative thoughts, press points to release the blocked energy, look for the solutions to one's problems, the practice of accepting and letting them go are most important to maintain a calm and relaxed mind.

Behaviour to be avoided:

Avoid cold, windy, humid and noisy places. Do not overeat, and avoid wrong diet. Do not focus too much on negative things that cannot be changed, do not watch scary movies before sleeping, and do not think too much.



Make appointment?

**Amchi
Lobsang
Tsultrim**

Amchi Lobsang Tsultrim is a senior Tibetan doctor. He has more than 32 years of experiences. Amchi Lobsang is registered under the professional organisation BATC and he is the founder and director of Practice for Traditional Tibetan medicine in Ede, The Netherlands.

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Preparations

Fill in the forms

Morning urine

Consultation

**Happy Mind!
Healthy Body!**

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REVIEWED BY B. COHEN