



## 3rd INTERNATIONAL CONFERENCE ON SOWA-RIGPA (TIBETAN MEDICINE)

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Date - 25<sup>th</sup> Feb. to 1st Mar. 2018

Venue - CIHTS, Sarnath,  
Varanasi (UP) INDIA

**Organized by:**

[CCTM Dharamsala](#), DSR of [CIHTS Varanasi](#) and [CTMI Darjeeling](#)

### **1. Background**

The Sowa Rigpa system of medicine is one of the oldest existing medical systems in the world. It is a unique system of indigenous medicine practiced in Tibet and Trans-Himalayan regions for many thousands of years that contains integration from various other Asian medical systems.

The Buddhist tradition and the Tibetan culture, way of life and the environment have exerted great influence on the development of Sowa-Rigpa. For instance, the orally transmitted or *Nyengyud* system of Sowa-Rigpa is based on the collective medical ideas and experience, further influenced by the unique environment that prevails in Tibet. Such a holistic approach became the foundation of the whole Sowa-Rigpa system. This system improved over time and has been handed down from generation to generation without any interruption.

The Tibetan indigenous Bon system of Tibetan medicine was founded by Lord Tonpa Shenrap Mevoche and this system also flourished in Tibet for many centuries together with the Buddhist influenced Sowa-Rigpa.

During the reign of 28<sup>th</sup> king of Tibet, Buddhism was first introduced into Tibet. At the same time two Indian physicians came to Tibet and they taught Indian system of medicine in Tibet. In due course of time, Tibetan Kings also invited many scholars from neighboring countries such as India, China, Nepal, Persia etc. to further develop the Sowa-Rigpa system of Medicine.

A renowned Tibetan Physician Yuthok Yonten Gonpo composed a famous medical treatise called The Four Treatises (*rGyud bShi*) that became the principal text for all the Sowa Rigpa medical practitioners.

### **2. About the Conference**

With the growing popularity of Sowa Rigpa worldwide due to its holistic approach and its multi-faceted wisdom, the responsibility to share and propagate the true essence of Sowa Rigpa has fallen on us. Conducting conference is one of the most effective approaches to share the profound

knowledge of Sowa Rigpa to its practitioners and interested individuals as well as to benefit all suffering beings. The very first such conference was held in the 8<sup>th</sup> century during the reign of king Trisong Deutsen at Samye monastery in Tibet, second conference was held in the year 2012 at Dharamsala in Himachal Pradesh of India. This third International conference will be jointly organized by the Sowa-Rigpa Department of Central Institute of Higher Tibetan Studies, Central Council of Tibetan Medicine and Chagpori Tibetan Medical Institute and will be held at the Central Institute of Higher Tibetan Studies from 25<sup>th</sup> February to 1<sup>st</sup> March 2018. Many eminent Sowa Rigpa professionals were invited from India as well as abroad during the conference. More than two hundred participants all around the world are expected to come and participate in the conference. Six plenary Sessions, 28 parallel sessions, 12 paper presentations and 5 practical workshops are arranged during the whole conference in addition to the inaugural and the valedictory session.

### 3. Organizing Committee Members:

1. Prof Lobsang Tenzin CIHTS, Varanasi, President
2. Dr. Sonam Dolkar Oshoe CCTM, Dharamsala, Vice President
3. Dr. Tsering Tsamchoe CCTM, Dharamsala, Secretary
4. Dr. Dawa Tsering, CIHTS, Varanasi, Member
5. Dr. Rabga, CTMI. Darjeeling, Member

### 4. Theme of the Conference

## Sowa Rigpa for All

### 5. Conference Schedule

#### Day One: Sunday, 25<sup>th</sup> Feb. 2018

10.00 a.m.: Registration

2.00 p.m.: Inaugural Session

Session Theme: Glimpse into The Three Great Medical Systems of Asia

ཐུབ། གསོ་རིག་ལོ་རྒྱུས་ལས་འཕྲོས་པའི་ལུགས་ཚེན་གསུམ་གྱི་སློབ།

**Topic:** Ayurveda: Knowledge from Home to Hospital 17 PL1  
**Speaker:** *Dr. Shiv Ji Gupta*

**Topic:** Traditional Chinese Medicine: Antidotes from History to Present 18 PL1  
**Speaker:** *Dr. Edward Yap*

**Topic:** Sowa-Rigpa: Healing from Physical to Spiritual 18 PL1  
**Speaker:** *Dr. Lobsang Tenzin Rakdho*  
 (Tibetan version) 77

**Topic:** Education, Practice and Research in Ayurveda:

Evolutionary Development and Future Challenges <b>Speaker:</b> <i>Dr. (Prof.) Sanjeev Rastogi</i>	19	PL2
<b>Topic:</b> The Evolutional Development of Traditional Chinese Medicine: Challenges, Training, Practice, Research and Future Development <b>Speaker:</b> <i>Dr. Edward Yap</i>	19	PL3
<b>Topic:</b> The Evolutional Development of Unani Medicine: Education, Practice, Research, Future Development and Challenges <b>Speaker:</b> <i>Dr. (Prof.) Rais-Ur-Rahman</i>	20	PL4
 Session Theme: Present Status of Sowa-Rigpa in Asian Countries ལུན། ད་ལྟོའི་ཨེཤིཡའི་ནང་དུ་གསོ་བ་རིག་པའི་གནས་བབས།		
<b>Topic:</b> Development of Sowa Rigpa in Bhutan through Research <b>Speaker:</b> <i>Mr Sherab Tenzin</i>	22	PS2
<b>Topic:</b> Sowa-Rigpa: Status in Russia and Role of Dr. Alexander Badmavev <b>Speaker:</b> <i>Ms Oyuuna S. Rinchinova</i> Co-author- <i>Tsymzhit P. Vanchikova</i>	23	PS3
<b>Topic:</b> Sowa-Rigpa in Asia: A Quantitative Overview <b>Speaker:</b> <i>Stephan Kloos</i>	24	PS6
<b>Topic:</b> Sowa-Rigpa: Historical Background and Current Status in Mongolia <b>Speaker:</b> <i>Dr. Ganzorig Dawaa-Ochir</i> (Tibetan version)	37 79	PS26
<b>Topic:</b> Sowa-Rigpa; Legal Status in Nepal <b>Speaker:</b> <i>Dr. Nyima Tsering</i> (Tibetan version)	27 80	PS13
 Session Theme: Clinical Management of Somatic Disorders ལུན། ལུས་ཀྱི་ནད་བཅོས་སྐོར།		
<b>Topic:</b> Sowa-Rigpa: Knowing Cancer and its Important Parameters <b>Speaker:</b> <i>Dr. Dorjee Rapten Neshar</i> (Tibetan version)	20 77	PL5
<b>Topic:</b> Sowa-Rigpa: Understanding Auto Immune Disease <b>Speaker:</b> <i>Dr. Dorjee Rapten Neshar</i> (Tibetan version)	25 81	PS10
<b>Topic:</b> The Prevalent Diseases in the Tibetan Exile Community in India <b>Speaker:</b> <i>Dr. Lodo Phuntsok</i>	29	PS15

<b>Topic:</b> The Management of Malposition and Malpresentation of Fetus (Through Sowa-Rigpa and Modern Medicine)	34	PS22
<b>Speaker:</b> <i>Dr. Passang Dolma, MD</i> (Tibetan version)	84	

### Session Theme: Clinical Management of Psychological Disorders

ཐུན་གྱི་སྐབས་ནང་བཙུགས་པའི་སྐོར།

<b>Topic:</b> Role of Philosophy in Palliative Care (Breakdown of Body and Transference of Consciousness)	25	PS8
<b>Speaker:</b> <i>Ven. Dolpo Tulku Rinpoche</i> (Tibetan version)	79	
<b>Topic:</b> Importance of Mental Health	25	PS9
<b>Speaker:</b> <i>Ven. Dolpo Tulku Rinpoche</i> (Tibetan version)	80	
<b>Topic:</b> Art of Stress Management in Tibetan Medicine	29	PS16
<b>Speaker:</b> <i>Dr. Thinles Yangjor</i>		
<b>Topic:</b> Management of Psychological Disorders According to <i>Bum-bZhi</i> Text	34	PS23
<b>Speaker:</b> <i>Dr. Passang Topchen</i> (Tibetan version)	85	

### Session Theme: Pharmaceutics and Research

ཐུན་གྱི་སྐབས་ནང་ཉམས་ཞིབ།

<b>Topic:</b> Sowa-Rigpa: Drug Research, its Scope and Challenges	24	PS5
<b>Speaker:</b> <i>Tenzin Choedon</i>		
<b>Topic:</b> Molecular Insights into the Anti-Cancer Properties of Traditional Tibetan Medicine <i>Yukyung Karne</i>	26	PS11
<b>Speaker:</b> <i>Tenzin Choedon</i>		
<b>Topic:</b> Sowa-Rigpa: Its Development in Modern Pharmaceutics (Action Profiles of Tibetan Formulas)	27	PS12
<b>Speaker:</b> <i>Herbert Schwabl</i>		
<b>Topic:</b> Sowa-Rigpa Literature in <i>bsTan'Gyur</i>	37	PS27
<b>Speaker:</b> <i>Dr. Dorjee Damdul</i> (Tibetan version)	78	
<b>Topic:</b> Acharya Vāgbhata and Astangh Hridayam	28	PS14
<b>Speaker:</b> <i>Dr. Akhilesh Kumar Singh</i>		
<b>Topic:</b> Practical Application of Sowa-Rigpa Pharmaceutics	33	PS20
<b>Speaker:</b> <i>Dr. Dorjee Damdul</i>		

## Session Theme: Advance Sowa-Rigpa Practice

ཐུན། གསོ་རིག་ཟབ་ལམ་སྐོར།

**Topic:** Sowa-Rigpa: *sMen-Drub* and its Significance

**Speaker:** *Ven. Geshe Lharampa Jadho Rinpoche*

Hand  
-out PS7

**Topic:** The Knowledge and its Elemental Theory of Illness Reading  
(*Nad-rTsi*) in Tibetan Astrology

**Speaker:** *Dr. Jampa Chopel*

(Tibetan version)

35 PS24

85

**Topic:** Sowa-Rigpa: *Yuthog Nyingthig* and its Significance to its Practitioner

**Speaker:** *Dr. Nida Chenagtsang*

38 PS28

## Session Theme: Medico-Legal Issues

ཐུན། སྐོར་དང་འབྲེལ་བའི་བྲིམས་སྒྲིག་སྐོར།

**Topic:** CCIM Acts and Regulation on Sowa-Rigpa

**Speaker:** *Dr K. Natrajan* (Secretary CCIM)

PL6

**Topic:** Regulation and Quality Control of Ayurvedic, Siddha, Unani and  
Homeopathic Drugs

**Speaker:** *Dr. D.C. Katoch*

22 PS1

**Topic:** Use of Mercury as Medicine and its Legal Challenges

**Speaker:** *Dr. (Prof.) Anand Kumar Chaudhary*

30 PS17

**Topic:** Principles and Practical Application of Tibetan Medicine in a Western  
Context

**Speaker:** *Dr. Lobsang Tsultrim*

(Tibetan version)

33 PS21

83

**Topic:** Prospects and Problems of Compliance to Good Manufacturing  
Practices in Indian Systems of Medicine

**Speaker:** *Dr. D.C. Katoch*

54 PS4

## Session Theme: Materia Medica and its Challenges

ཐུན། སྐོར་རྒྱ་དང་དེའི་དཀའ་གནད་སྐོར།

**Topic:** Importance of Conservation of Cold Desert Medicinal Plants in Ladakh

**Speaker:** *Dr. Padma Gurmet*

31 PS18

<b>Topic:</b> Materia Medica of Tibetan Medicine: Diversity, Identification and Classification and the Method of Quality Analysis	32	PS19
<b>Speaker:</b> <i>Dr. Tsultrim Kalsang</i> (Tibetan version)	82	
<b>Topic:</b> Climate Change and its Effect to the Medicinal Plants	36	PS25
<b>Speaker:</b> <i>Dr. Tsultrim Kalsang</i> (Tibetan version)	86	
Session Theme: Hands on Practical Training ལུན། ལག་ལེན་དམར་འབྲིང།		
<b>Topic:</b> Sowa-Rigpa: Significance of External Therapies	51	PW1
<b>Speaker:</b> <i>Dr. Dorjee Rapten Neshar</i>		
<b>Topic:</b> Sowa-Rigpa: Practice of <i>Yugkcho</i> Therapy	52	PW2
<b>Speaker:</b> <i>Dr. Nida Chenagtsang</i>		
<b>Topic:</b> Sowa Rigpa: Practice of <i>Ku-Nye</i> Therapy	52	PW3
<b>Speaker:</b> <i>Dr. Tsultrim Kalsang</i>		
<b>Topic:</b> Sowa-Rigpa: Practice of <i>Kyug</i> Therapy	53	PW4
<b>Speaker:</b> <i>Dr. Tenzin Jinpa</i> (Tibetan version)	87	
<b>Topic:</b> Sowa Rigpa: Practice of <i>Dhug</i> Therapy	54	PW5
<b>Speaker:</b> <i>Dr. Tsultrim Kalsang</i>		
Paper Presentation ཚུམ་ཤོག་སློག་སྤང་།		
In English Language		
<b>Topic:</b> Historical Background for Tibetan Medical System in the Republic of Tuva (Russian Federation)	39	PP1
<b>Presenter:</b> <i>Galina B. Kopeliovich, L.A.Pavlova</i>		
<b>Topic:</b> Treatment of People Infected with Chronic Hepatitis B + Delta with Tibetan Herbal Pills	40	PP2
<b>Presenter:</b> <i>A. Saryglar and D. Uvanchaa (Sherchin-emchi)</i>		
<b>Topic:</b> Fibromyalgia in Sowa Rigpa	41	PP3
<b>Presenter:</b> <i>Nashalla Gwyn Nyinda Menpa</i>		
<b>Topic:</b> Traditional Tibetan Medicine as an Ancient Personalized Medicine and its Relevance in the Modern World	42	PP4

**Presenter:** MD Yulia Yusipova,

- Topic:** Philosophy of Healing Tradition in Tibet  
(c.617 A.D - c.785 A.D) 43 PP5  
**Presenter:** Dr. Asrarul Haque (MD)
- Topic:** From Hidden Fever to Silent Inflammation: Translating Concepts 43 PP6  
**Presenter:** Dr. Med Cecile Vennos
- Topic:** Tibetan Medicine in the Era of Tsarist Russia 44 PP7  
**Presenter:** Svetlana Chojinimayeva
- Topic:** Tibetan Buddhist Tradition and Neuro-Biology 49 PP13  
**Presenter:** Prof. Arun Kumar Jha and Mrs. Sudha Jha

In Tibetan Language

- Topic:**  
ཚོ་ཡི་རིག་བྱེད་ལས་གསུངས་པའི་ཟས་ཀྱི་ཡོན་ཏན་གསུམ་སྐོར་གསོ་བ་རིག་པ་དང་འབྲེལ་ནས་ཆ་ཚམ  
'དབྱད་པ། 45 PP8  
**Presenter:** Dr. Jigme Migyure (Menrampa)
- Topic:** བོན་གྱི་སྐོན་ཚེས་ལས་འཕྲོས་པའི་མིའི་སྐོན་སྐོར། 46 PP9  
**Presenter:** Gyashod Yudrung Tashi
- Topic:** བི་ཅིའི་སུ་ཏི་ཁ་སེར་ལས་འཕྲོས་པའི་དབྱད་བཅོས་རིག་པའི་འཕེལ་རིམ་རྒྱང་ཟད་སྐོང་བ། 47 PP10  
**Presenter:** Kunkhen
- Topic:** སྐ་ཞེས་པའི་གོ་དོན་དང་དོས་འཛིན་སྐོར་ལ་བསྐྱར་དུ་དབྱད་པ། 48 PP11  
**Presenter:** Wangal Dorjee
- Topic:** སྦྱང་བྱེད་ལས་ལྔ་སྦྱི་དང་བྱེ་བྱུ་ལྔ་སྦྱོར་སྐོར་དབྱད་པ། 48 PP12  
**Presenter:** Dr. Sonam Palmo
- Topic:** བོད་ལྷགས་གསོ་རིག་གི་གཏར་གའི་འཕེལ་རྒྱས་དང་ཚན་རིག་གི་དབྱད་དཔྱད། 50 PP14  
**Presenter:** Ala Kalsang Kyab and Rinchen Dolma

Plenary Lecture (PL) - 6  
Parallel Session (PS) - 28  
Paper Presentation (PP) - 14  
Practical Workshop (PW) - 5