Tibetan Medicine for the Western World

Tibetan medicine is an ancient medical tradition with its roots in the medical traditions of China, India, and prehistoric Tibet. While aspects of the system are very distinct from Chinese medicine, the use of mutually shared ideas such as the solid and hollow organs, similar approached to diagnosis using history, pulse and tongue, and shared forms of therapy such as moxibustion, massage, acupuncture, and herbal therapy provides a point of entry for practitioners of Chinese acupuncture and TCM wishing to expand their understanding of traditional theory and to gain insight into approaches diagnosis and herbal therapy. Today Tibetan medicine is taught in China as a valuable adjunct to Traditional Chinese Medicine. This workshop presents the core concepts of Tibetan medicine concerning the body, the disease process, diagnosis and therapy.

This workshop covers:
1. The sources and origins of the Tibetan Medical System.
2. The nature of the healthy body (emotions, subtle energies etc.).
3. The nature of disease (ultimate and temporal causes, energy imbalances, etc.).
4. Ancient and profound diagnostic techniques (pulse, urine and tongue diagnosis and analysis of universal symptoms).
5. A practical hands on diagnostic session utilizing the above techniques.
6. The principles of treatment (dietary factors, behavioral factors, medicinal plants, herbs, spices, minerals and gemstones) and their practical application.

Course Outline

General Introductory Lecture
Friday November 6  FREE OF CHARGE
6:00 -8:00 pm

- An overview of the history and development of Tibetan medicine.
- An Introduction to the way in which Tibetan medicine understands the body and views disease.
- Methods of diagnosis and treatment.
- The current status of Tibetan medicine
Workshop
Saturday November 7
9:30am – 12:30pm

- The sources and origins of the Tibetan Medical System
- The nature of the healthy body (emotions, subtle energies etc.)
  - The healthy body
    - the solid and hollow organs
    - bodily constituents
    - three humors
      - wind
      - bile
      - phlegm
- The Basis of Disease in Tibetan Medicine
- The origins of disease
  - Diet
  - Behavior
  - Season
- The disease process
  - ultimate causation
  - temporal causes
  - energetic/humoral imbalances, etc.

Lunch Break
12:30 – 2:00pm

2:00pm – 5:00pm

The disease process continued

- The nature of disease
  - Disease characteristics
    - Wind diseases
    - Phlegm diseases
    - Bile diseases
    - Division of disease into hot and cold
    - Combined disorders
- Introduction to the principles of diagnosis
  - Fundamental Concepts
  - Relation to the three humors
Sunday November 8, 2009
9:30 am -12:30 pm

• Diagnostic techniques continued
  o Pulse
  o urine
  o tongue diagnosis
  o the medical history
• analysis of universal symptoms
• hands on diagnostic session utilizing techniques of tongue, pulse, and urine diagnosis

Lunch Break
12:30 – 2:00pm

2:00pm – 5:00 pm
• The principles of treatment
  o dietary factors
  o behavioral factors
  o medicinal plants
  o herbs, spices, minerals and gemstones
  o application of therapeutic approaches