



MEN-TSEE-KHANG

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of Traditional Chinese Medicine touching on all the aspects of the system within a short time in such a clear and professional manner of this comprehensive and vast knowledge.

Dr. Yap Eng Ann along with two other medical practitioners Dr. Su Xian and Dr. Chen Hwa gave a practical demonstration on the application of various therapies such as Acupuncture, Moxibustion, Cupping, and Gua Sha (scrapping).

EDUCATIONAL ACTIVITIES

Lecture on Traditional Chinese Medicine

A team of Traditional Chinese medicine practitioners led by Dr. Yap Eng Ann came to Dharamsala with a group of about 360 people from Singapore to receive His Holiness the Dalai Lama's teachings on Shantideva's "A Guide to the Bodhisattva's Way of Life (chodjug)".

The team of doctors visited Men-Tsee-Khang and gave a lecture on 'An Overview of Traditional Chinese Medicine' to the students and faculty

members of the Tibetan Medical and Astro. College on 4 September at the college hall. Around 125 interested students, staff of the Institute as well as the Director of Men-Tsee-Khang and the Principal of the College attended the lecture which lasted for two hours. Dr. Yap Eng Ann addressed the gathering giving an overview



The Director of Men-Tsee-Khang, Mr. Tsering Tashi thanked the team members including the coordinators and the doctors for sharing their expertise of their traditional medical knowledge to Men-Tsee-Khang students and doctors.

EXPLORATION OF MEDICINAL HERBS IN NORTH SIKKIM

Dr. Tsering Norbu, (Head) and Dr. Thinlay Chomphel from Materia-Medica-Department, Men-Tsee-Khang were deputed by the administration to visit Gangtok on the invitation of the Health Department, Govt. of Sikkim to help

in the research project of the



department in exploring natural medicinal ingredients used in Tibetan medicine from June 22 - 25 July, 2012.

The team consisted of five members, two from Men-Tsee-Khang including three members from their side - Dr. Sonam (coordinator of Sikkim Government), Dr. Durga Pradhan (Principal scientist of Forest Department, Sikkim) and Mr. Tsewang Gyaltzen (horticulturist) to explore medicinal herbs in North Sikkim.

The group covered areas of Thangku, surrounding mountains of Gurudongmar, Tsobta and Lamzey where they found one hundred and sixteen Tibetan medicinal herbs. These areas stand at an elevation between 4039m to 5136m above the sea level.

The places of Lachung, Yumthang, Duddaghawa and the surrounding areas of Sanglaphu stands at an elevation between 2800m to 5000m above sea level. The team managed to find seventy eight Tibetan medicinal herbs which grow in large quantities.

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Around 200 medicinal herbs which have their identification in Tibetan medicine were introduced to them and the knowledge has been shared between both the teams.

COURSES

Tibetan Medicine in English to Arabian Group

The Tibetan Medical & Astrological College, Men-Tsee-Khang organized a course in English on Tibetan medicine (Sowa Rigpa) to interested participants from Arabic countries.

On the request of the participants, Dr. Maha Hashem from Saudi Arabia co-ordinated with Men-Tsee-Khang to give the course for the curious and interested group in order to gain knowledge about this ancient alternative system of healing called Sowa Rigpa.

The program included five days basic and ten days advance courses which started from 19 September, 2012. The five days basic course was from 19-23 September. The main topics covered were A Brief History of Tibetan medicine; theory of

three humours and the factors that cause the three humours; Tibetan medical views on diseases; definition of health, five elements, constitutional recognition, causes and conditions of disorders, diagnostic techniques, treatment methods, six tastes and their effects, importance of digestion, daily behaviour and incidental behaviour in Tibetan Medicine.

The ten days basic course started from September 24-2 October, 2012. The main course consisted of anatomy, physiology, diet and nutrition, pulse examination, child development, mild therapies and courses on various disorders etc according to the traditional Tibetan system of healing Sowa Rigpa. There were four sessions in a day with a duration of one hour and fifteen minutes for each session.

The college assigned six doctors and a philosophy lecturer to



educate the group. There were 28 participants who joined the course and were from different places of Algeria, Saudi Arabia, Bahrain and Kuwait.