

# Brief Overview of Tibetan Medicine

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## **Sample of Content:**

Practiced for over 2,500 years, Tibetan medicine is a system of medicine that is one of the five major sciences. Also called "gSoba Rig-pa, " (the science of healing), Tibetan medicine includes the use of various types of herbs, precious metals, saps, soils, resins and even rocks.

## **Content:**

What is Tibetan Medicine? Practiced for over 2,500 years, Tibetan medicine is a system of medicine that is one of the five major sciences. Also called "gSoba Rig-pa, " (the science of healing), Tibetan medicine includes the use of various types of herbs, precious metals, saps, soils, resins and even rocks. While ninety-five percent of Tibetan medicine is comprised mainly of herbs, some precious metals are utilized for "Rinchen rilpo," or precious pill.

Tibetan medicine is known to be helpful for illnesses such as asthma, anxiety, digestive problems, eczema, hepatitis, liver conditions, and other chronic diseases. Based on Buddhist philosophy, Tibetan medicine keeps in tune with the theory of balancing the "Nyipa sum," -- rLung ("loong"), "mKhris-pa," and "Bad-kan." According to Tibetan medicine, these Nyipa sum are the primary factors of ill health, and are known as the three poisons of desire, hatred and delusion.

### **Nyipa sum:**

Tibetan medicine holds a belief that Nyipa sum is the in and outflow of energy from the five elements of air, earth, fire, space and water. Theoretically, Tibetan medicine finds that rLung's functions are to help with growth, body movement, breathing and mind, body and speech. In Tibetan medicine, there are 5 types of rLung: "Srog-'dzin" - located in the brain "Gyen-rgyu" - located in the chest "Khyab-byed" - located in the heart "Me-mnyam" - located in the stomach *and finally*, "Thur-sel" - located in the rectum. The second type of Nyipa sum in Tibetan Medicine is comprised of mKhris-pa. Tibetan medicine explains that mKhris-pa's function is to maintain the balance of body temperature. Five components of mKhris-pa are: "Ju-byed" - located between the stomach and intestine "sGrub-byed" - located in the heart "mdangs-sgyur" - located in the liver "mThong-byed" - located in the eyes *and the fifth element of Mkhris-pa in Tibetan medicine is* "mDog-sel" - located in the skin. The third type of Nyipa sum is Bad-kan, and it too is comprised of five elements:

"rTen-byed" - located in the chest "Myag-byed" - located in the upper region "Myong-byed" - located in the tongue "Tsim-byed" - located in the head *and last*, "Byor-byed" - located in the joints. Tibetan medicine uses three methods of diagnosis via observation, palpation and questioning. Aside from urine analysis, Tibetan medicine practitioners observe patient's tongue, pulse taking, and asking the patient specifically about the problem s/he is encountering.

Tibetan medicine treatments, depending on type of Nyipa sum, include advisement of dietary intake behavioural regimens including two examples of remaining in dark and warm places or cold baths and showers herbal medicines like agollocha, charantia, and others and mild or rough *"surgery"* comprised of special butter and oily compress massage cupping or blood-letting or golden needle therapy -- to name a few.

To learn more about Tibetan medicine, or if you interested in finding a practitioner who practices Tibetan medicine, feel free to review our holistic practitioners and healing arts schools directories at Holistic Junction today.

### **References:**

The Government of Tibet in Exile  
"Introduction to Tibetan Medicine" Tibet.com

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**About the Author:** C. Bailey-Lloyd/LadyCamelot is the Public Relations Director & Writer for [Holistic Junction](#) -- Your source of information for [Tibetan Medicine](#) Natural Health Schools [Massage Therapy Schools](#), and Reflexology Schools Alternative Healthcare Insightful Literature and so much more!

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