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Traditional Tibetan Medicine

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Traditional Tibetan Medicine

Traditional Tibetan medicine is one of the oldest known therapeutic doctrines, having been practiced for over 4000 years. Classical Tibetan treatment, also known as "Sowa Rigpa" in Tibetan, refers to the analysis and understanding of therapy. "Sowa" implies "healing asymmetries," and "Rigpa" indicates "understanding or scientific knowledge of a given topic." Sowa Rigpa is viewed as among the most crucial disciplines in Tibet, alongside five discourses of Buddhist dogma. The core concept of traditional Tibetan treatments is that the body, illness, and therapeutic interventions are all composed of the five variables, universe, flames, moisture, air, and space.

The approach indicates that everything in the world comprises these five components, and each one plays a critical role, both independently and collaboratively. The five dimensions have mutually beneficial relationships. When they are in alignment, they produce a healthy body. Nevertheless, if any of these dimensions becomes unstable, whether through abundance, deficiency, or disruption, not only does the impacted item manifest discord, but it also causes the rest of the factors to lose their stability and manifest specific symptoms. Because each infection is caused by acrimony or disruptions in one of the five factors, the therapeutic premise is to adjust the aspects. For instance, via diet tailored to a person's constitution and perception, herbal ingredients, and other natural remedies like blood-letting, Mey-tzar, external treatments (using high or cold temperatures), natural or herbal shower, and Ku-nye (Tibetan Massage). In addition to the five factors, the three Nyepas - Loong, Tripa, and Baken - are important concepts in Tibetan healthcare. Nyepa refers to anything detrimental and already present in the body. When Nyepas are in equilibrium, an individual is healthy. In addition to that, when assessing a patient, Tibetan medicine employs three testing procedures: monitoring, palpating (sensation), and

questioning. Different treatment options can be adopted once an imbalance between the five elements or the three Nyepas has been identified.

Diet, nutritious food, attitudes, and culture are all important elements of effective cure in Tibetan medicine. Aside from these techniques, Tibetan medicine employs a variety of complementary therapies to improve treatment outcomes. Golden syringe tactic, blood-letting, Me-tzar, external heat therapy, hot pools or therapeutic showers, inhalers, sedatives, and Ku-nye are some treatment options. However, the most important takeaway is that the treatment options are meant to restore one or all the variable that causes disharmony in the body.

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