



Sowa Rigpa

sanskritiias.com/pt-cards/sowa-rigpa-26

- Sowa-Rigpa is **an ancient medical practice of Tibet**. It is also known as 'Men-Tsee-Khang' or 'Amchi' practice. Most of the principles and practices of Sowa Rigpa are similar to 'Ayurveda'. Gyud-ji (Four Tantras) is considered to be the fundamental text of this medical practice. This method was **recognized by the Government of India in September 2010**.
- **Herbs are used for the treatment of almost every disease under this practice**. This practice focuses on rooting out the disease completely. Hence, the treatment lasts longer. **Meditation is also a part of this practice**.
- The disease in this practice is **diagnosed on the basis of testing pulse, eye, tongue, urine and interacting with patients**. This system also considers three humors (Doshas) like Ayurveda which are rLung, mKhris-pa and Bad-kan.
- The medicines given for the treatment of disease under this system is mainly prepared from the extracts of herbs growing in the Himalayan region. They are predominantly used in treating diseases like cancer, diabetes, heart diseases and arthritis. **The ashes of gold, silver and pearls are also mixed in some medicines**.
- Recently, **'Bachelor of Sowa Rigpa Medicine and Surgery' (BSRMS) has been recognized under the degree specified by the University Grants Commission (UGC)**. It is to be noted that at present only two Deemed Universities; Central Institute of Buddhist Studies, Leh and Central Institute of Higher Tibetan Studies, Sarnath are the only universities offering degrees in Sowa Rigpa medicine.

X



श्री अखिल मूर्ति के निर्देशन में

सामान्य अध्ययन फाउंडेशन (प्रिलिम्स + मेन्स)

ऑफलाइन बैच

📅 कक्षा आरंभ : 15 नवंबर 2021

🕒 समय : 3:00 PM – 6:00 PM

ऑनलाइन लाइव कोर्स

📅 कक्षा आरंभ : 11 अक्टूबर 2021

🕒 समय : 6:30 PM – 9:00 PM



www.sanskritiias.com

📞 74280 85757 / 58