

“The Offering which Pleases the Fortunate-Ones”

*Syllabus for the Summer Course on
Traditional Tibetan Medicine and Astrology*

'Medicine'

[Palpung Buddhist Sciences College]

1. Syllabus

First Section:

A) Introduction to Tibetan Medicine

- i) The history of Tibetan Medicine
- ii) A brief introduction to the four medical tantras

B) The proper approach to study and practice medicine.

- i) On the attitude of the doctor
- ii) On the knowledge a doctor should have

Second Section:

A) The conception and development of the human body

- i) The conception of the fetus in the womb.
- ii) The development of the fetus

B) On Anatomy

- i) On the bodily constituents
- ii) On the veins and channels
- iii) On the vital points and the openings

C) The characteristics of the body

- i) The object of harm –the body
- ii) The harming agents – the three humors

Third Section:

A) General introduction to the theory of disease

- i) Causes and conditions of disease
- ii) The location of diseases and how they enter the body
- iii) The respective characteristics of diseases.
- iv) On classifying diseases

- B) Methods of diagnosis.
 - i) Introduction to pulse diagnosis.
 - ii) Introduction to urine diagnosis
 - iii) Pulse and urine diagnosis according to the 'later' tantra.

Fourth Section:

- A) Lifestyle
 - i) On having a healthy lifestyle
 - ii) Harmonizing one's lifestyle with the four seasons

- B) Diet
 - i) Food classification
 - ii) Correct quantity and eating times.

Fifth Section: *The relation between Medicine and Astrology.*

- a) the relation in their theory, the basis
- b) the relation in their practice, the path
- c) their relation in bringing about benefit and happiness, the result

First Section:

A) Introduction to Tibetan Medicine

i) The history of Tibetan Medicine

This lesson is an introduction on the manner Tibetan traditional medical science first was introduced to Tibet, how it spread and finally became firmly established throughout the country. Understanding the origins and the transmission lineages of both the theoretical and practical aspects of this system, permits one to grasp its inestimable value and the the invaluable benefits it brought to people during more than 2000 years.

ii) A brief introduction to the four medical tantras

This lesson shows the structural outline of the four medical tantras, namely, the root tantra, the explanatory tantra, the oral instructional tantra, and the 'later' tantra. Based on the second chapter of the first tantra, it depicts the fashion in which the main points of medicine are ordered and arranged into a single treatise. It gives an overall view of the approach to medicine in this age-old traditional system.

B) The proper approach to study and practice medicine.

Based on the eleventh section of the explanatory tantra, this lesson clearly defines what a doctor should be, according to the traditional criterions. This lesson also shows the knowledge a doctor must have and the different grades of doctor according to their knowledge. It describes the two sacred duties of a doctor, and finally, the two ultimate attainments of the medical path. In short, it tells us how unlike ordinary beings, a doctor should possess all the qualities and characteristics of a bodhisattva and implement these in every situation.