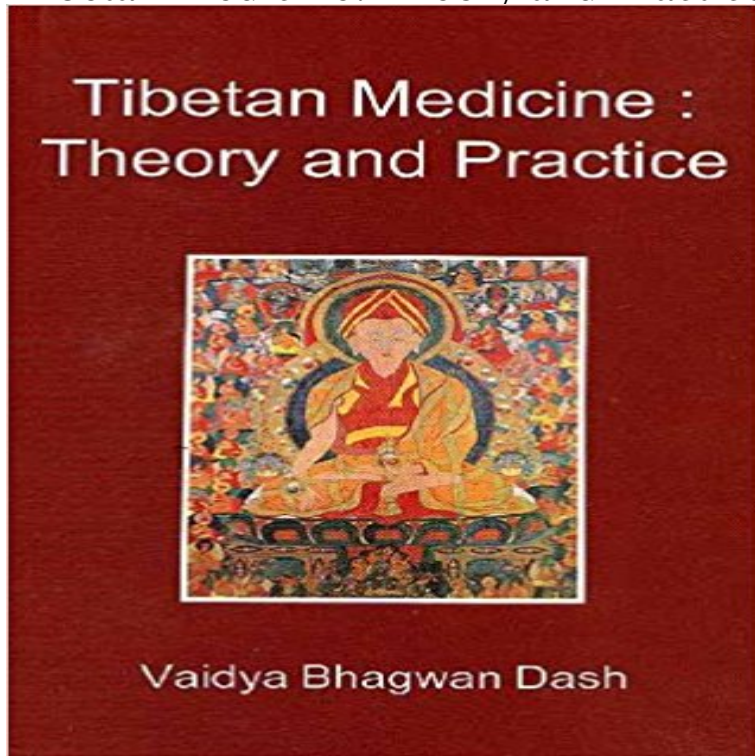


Tibetan Medicine: Theory and Practice



Pages: 141

From the Jacket The traditional medicine of Tibet, still popular among the local inhabitants and those of the border regions of the neighbouring countries, is a conglomeration of science, art, philosophy and religion, one closely depending upon the other. It has its own concepts of composition of the universe and body, physiology, pharmacology and pathology. It has its unique way of diagnosing diseases and treating them. The physician is considered to be an epitome of physical, mental and spiritual virtues. In the present work an effort has been made to give an exposition of important aspects of this health science. The book contains 15 chapters which deal with-Historical background; Rgyud-bzi: The celebrated text of Tibetan medicine; composition of Body; Embryology and Anatomy; physiological concepts; pathological concept Pharmacological concepts; classification of Drugs and food articles; Preventive medicine and positive health; Diseases and their classification; Diagnostic methods; Principles of Treatment; Important medicinal plants used in Tibetan medicine; Popular recipes used for treatment of common diseases; and physician and medical practice. Vaidya Bhagwan Dash in the course of over three decades of dedicated research and practice of Ayurveda has written more than forty outstanding books on Ayurveda and Tibetan medicine. Preface To overcome the galloping incidence of obstinate and often incurable diseases, both physical and mental, to arrest the growing disharmony in the society, and to remedy the frustration among the youth because of disturbed family life, an alternative way of living and an alternative system of health care are b

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