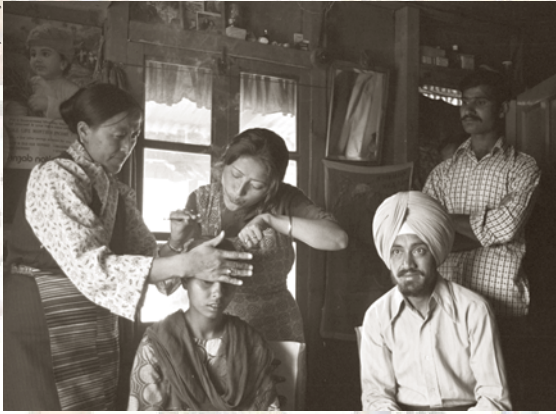


The Art of Healing

Tibetan Medicine and Ayurveda



Tibetan Art of Healing returns to India



Yuthok Yonten
Gonpo the Younger



Menla, the Buddha of Medicine



Sanskrit medical Text

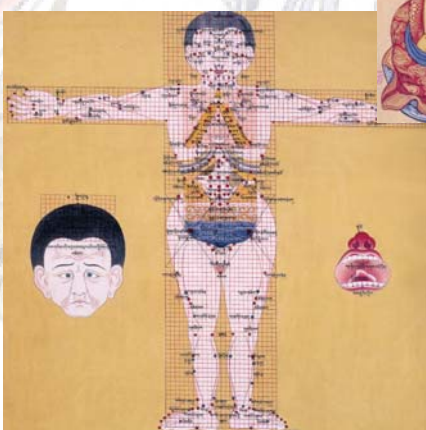
The Tibetan system of medicine, known as *Sowa Rigpa* or Art of Healing, is a fascinating example of external influence on the culture of Tibet.

During the reign of King Trisong Detsen, physicians and medical experts from India, China, Central Asia, Persia and even Greece gathered in Samye for a Medical Council to share their respective knowledge. This helped the physician Yuthok Yonten Gonpo the Elder to prepare the first medical compilation known as *Gyud Shi* or the Four Tantras, which extensively used the ayurvedic knowledge from India.



The Tibetan pharmacopea uses many plants described in the ayurvedic materia medica

Yuthok Yonten Gonpo the Younger, who visited India six times during the 12th century, edited the work of Yuthok the Elder in its present form. The 156 chapters of the *Gyud Shi* are still the essence of Tibetan medical knowledge and continue to be studied and practiced in the Himalayan belt under the name of 'Amchi system'.



Importance of the nadis



Rituals are used



Surgical instruments



Rituals, astrology and divination play an important role in the Art of Healing