

# Sowa Rigpa

## The Tibetan Art of Healing



The Buddha of Medicine



Sanskrit medical Text



Yuthok Yonten Gonpo the Elder



Yuthok Yonten Gonpo the Younger

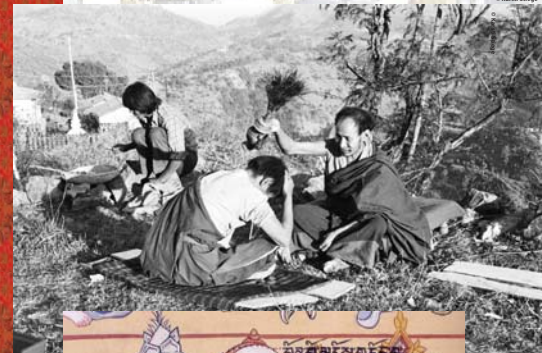


Tibetan medical texts

The Tibetan system of Medicine, known as *Sowa Rigpa* or Art of Healing is a fascinating example of the influence of neighbouring countries 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 compare their respective knowledge. Thereafter, the great physician Yuthok Yonten Gonpo the Elder prepared the first compilation the *Gyud Shi* or the Four Tantras, based on the prevalent indigenous Tibetan knowledge. However several features from other systems, particularly from the *Ayurveda* were incorporated. An original and well adapted Tibetan Art of Healing was born.

Yuthok Yonten Gonpo the Younger, who visited India 6 times during the 12th century, edited the work of Yuthok the Elder to its present form. The 156 chapters of the *Gyud Shi* are still the essence of Tibetan medical knowledge and continue to be studied, not only in Tibet, but also in the entire Himalayan belt and Mongolia.



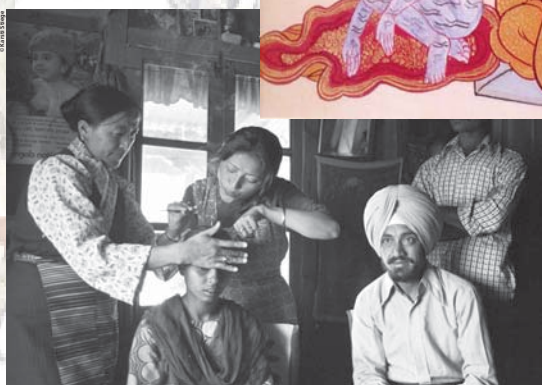
Rituals, astrology and divination play an important role in the Art of Healing. Some features originate in the Bon tradition



Moxas probably have their origin in China



A complete system



Tibetan Art of Healing still practiced in exile



Tibetan surgical instruments



Tibetan medicinal plant