# Quintessence Tantras of Tibetan Medicine

Translated by Dr. Barry Clark
Foreword by H.H. the Dalai Lama

Carlo Charles

# **Quintessence Tantras Of Tibetan Medicine**

Nina Käsehage

#### **Quintessence Tantras Of Tibetan Medicine:**

The Quintessence Tantras of Tibetan Medicine, 1995-01-01 The Quintessence Tantras of Tibetan Medicine is a thorough detailed and systematic analysis of the characteristics of healthy and diseased bodies Discussed are the diagnostic techniques of pulse and urine analysis principles of right diet right lifestyle and behavioral factors and a treasury of knowledge about the beneficial applications of herbs plants spices minerals gems etc Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician a warrior like person equipped to overcome even the most formidable internal and external obstacles Sources of Tibetan Tradition Kurtis R. Schaeffer, Matthew Kapstein, Gray Tuttle, 2013 The most comprehensive collection of classic Tibetan works in any Western Essentials of Tibetan Traditional Medicine Thinley Gyatso, Chris Hakim, 2010-03-16 Tibetan medicine is a rarified field with few publications in English it is also one of the most comprehensive of alternative therapies addressing body mind and spirit Written for intermediate level practitioners Essentials of Tibetan Traditional Medicine brings this important healing tradition to Western practitioners The book begins by summarizing the basics behind Tibetan medical theory and its methods of diagnosis The second part of the book presents the core concepts of wind bile phlegm dark phlegm epidemic fever heat and cold along with their corresponding nosologies differential diagnoses and treatments The third section covers therapeutics with an emphasis on medicinals the mainstay of contemporary practice A chapter on therapeutic strategies discusses unclear diagnosis and other challenging clinical situations Other chapters explore the crucial components of lifestyle and diet Each herb and animal product used in Tibetan medicine is profiled on its own page with its Tibetan common and botanical names its key properties and clinical uses its known pharmacological properties and a simple illustration This useful handbook concludes with a description and indepth analysis of some 60 frequently used formulas

The Mirror of Beryl Sangye Desi Gyatso, 2016-05-17 Composed while its author was the ruler of Tibet Mirror of Beryl is a detailed account of the origins and history of medicine in Tibet through the end of the seventeenth century Its author Desi Sangye Gyatso 1653 1705 was the heart disciple and political successor of the Great Fifth Dalai Lama and the author of several highly regarded works on Tibetan medicine including his Blue Beryl a commentary on the foundational text of Tibetan medicine The Four Tantras In the present historical introduction Sangye Gyatso traces the sources of influence on Tibetan medicine to classical India China Central Asia and beyond providing life stories extensive references to earlier Tibetan works on medicine and fascinating details about the Tibetan approach to healing He also provides a commentary on the pratimoksha bodhisattva and tantric Buddhist vows Desi Sangye Gyatso s Mirror of Beryl remains today an essential resource for students of medical science in Tibet Knowledge and Context in Tibetan Medicine ,2019-06-17 Knowledge and Context in Tibetan Medicine is a collection of ten essays in which a team of international scholars describe and interpret Tibetan medical knowledge With subjects ranging from the relationship between Tibetan and Greco Arab conceptions of the bodily

humors to the rebranding of Tibetan precious pills for cross cultural consumption in the People's Republic of China each chapter explores representations and transformations of medical concepts across different historical cultural and or intellectual contexts Taken together this volume offers new perspectives on both well known Tibetan medical texts and previously unstudied sources blazing new trails and expanding the scope of the academic study of Tibetan medicine Contributors include Henk W A Blezer Yang Ga Tony Chui Katharina Sabernig Tawni Tidwell Tsering Samdrup Carmen Simioli William A McGrath Susannah Deane and Barbara Gerke The Wiley Blackwell Companion to East and Inner Asian Buddhism Mario Poceski, 2014-02-14 The Wiley Blackwell Companion to East and Inner Asian Buddhism combines outstanding contributions covering Buddhism as it developed and is practiced in this region These newly commissioned essays provide fresh scholarly perspectives on a wide range of concepts texts and practices Offers a comprehensive and balanced survey of Buddhism within East and Central Asia from the time of the Buddha through to the present day Provides fresh perspectives on a wide range of concepts texts traditions doctrines practices and institutions on topics spanning gender roles tantric rituals and the spread of Zen into Europe Brings together cutting edge research by an interdisciplinary and international contributor team including historians literature scholars and historians as well as those from religious studies Presents a panoramic view of the extraordinary richness and variety of local Buddhist expressions and practices within Chinese Korean Japanese and Tibetan cultures Religious Fundamentalism in the Age of Pandemic Nina Käsehage, 2021-03-15 The multidisciplinary anthology Religious Fundamentalism in the Age of Pandemic provides deep insights concerning the current impact of Covid 19 on various religious groups and believers around the world Based on contributions of well known scholars in the field of Religious Fundamentalism the contributors offer about a window into the origins of religious fundamentalism and the development of these movements as well as the creation of the category itself Further recommendations regarding specific fundamentalist religious groups and actors and their possible development within Buddhism Christianity Islam and Judaism round up the discussion about the rise of Religious Fundamentalism in the Longevity, Regeneration, and Optimal Health William C. Bushell, Erin L. Olivio, Neil D. Age of Pandemic Theise, 2009-09-21 A revolution is occurring in the Western science of longevity regeneration and health that is elucidating the potential for extended human lifespan in an optimal state of health This investigation is being conducted on the molecular cellular physiological and psychological levels Rigorous integrative medicine research can only be adequately developed if collaboration between scientists and practitioners from both fields is involved This volume brings together researchers and scholars from both the Indo Tibetan traditions and the international scientific community to open a dialogue about the potential to build a program of collaborative research to study the impact of Indo Tibetan practices on longevity and health Indo Tibetan Buddhism claims that its core of meditative yogic and related practices can potentially produce dramatic enhancements of physiological and psychological functioning and a substantial body of Western scientific evidence is

supportive of these claims The evidence includes direct and indirect clinical medicine and data from basic science research in physiology neurobiology and medicine The reports in this volume establish a basis for a program of research that will advance our current understanding of longevity and health NOTE Annals volumes are available for sale as individual books or as a journal For information on institutional journal subscriptions please visit www blackwellpublishing com nyas ACADEMY MEMBERS Please contact the New York Academy of Sciences directly to place your order www nyas org Members of the New York Academy of Science receive full text access to the Annals online and discounts on print volumes Please visit www nyas org membership main asp for more information about becoming a member Religion, Health and Suffering John R. Hinnells, Roy Porter, 2013-10-28 First Published in 1999 The interaction between religion and medicine is universal throughout recorded history They meet at the great turning points of life at birth at moments of acute suffering and at death Not only are priest and doctor often needed at the same time and place the two roles have also been combined in ancient and modem societies. This volume looks at whether healers and religions have worked in harmony or been in conflict as well as their frequent and substantive interaction An International Workshop lies behind this volume and one of the distinctive features of this project is that it brought together scholars of religion historians of medicine anthropologists and medical The Treasury of Knowledge, Book Six, Parts One and Two Jamgon Kongtru Lodro Taye, 2013-01-08 practitioners Jamg n Kongtrul s encyclopedic Treasury of Knowledge presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism Among the ten books that make up this tour de force Book Six is by far the longest concisely summarizing the theoretical fields of knowledge to be studied prior to the cultivation of reflection and discriminative awareness The first two parts of Book Six contained in this volume respectively concern Indo Tibetan classical learning and Buddhist phenomenology The former analyzes the traditional subjects of phonology and Sanskrit grammar logic fine art and medicine along with astrology poetics prosody synonymics and dramaturgy The principal non Buddhist philosophical systems of ancient India are then summarized and contrasted with the hierarchical meditative concentrations and formless absorptions through which the summit of cyclic existence can genuinely be attained Part Two examines the phenomenological structures of Abhidharma the shared inheritance of all Buddhist traditions from three distinct perspectives corresponding to the three successive turnings of the doctrinal wheel The Treasury of Knowledge: Book Six, Parts One and Two Jamgon Kongtrul Lodro Taye, 2013-01-08 Jamg n Kongtrul s encyclopedic Treasury of Knowledge presents a complete account of the major lines of thought and practice that comprise Tibetan Buddhism Among the ten books that make up this tour de force Book Six is by far the longest concisely summarizing the theoretical fields of knowledge to be studied prior to the cultivation of reflection and discriminative awareness The first two parts of Book Six contained in this volume respectively concern Indo Tibetan classical learning and Buddhist phenomenology The former analyzes the traditional subjects of phonology and Sanskrit grammar logic fine art and medicine along with astrology poetics prosody synonymics and

dramaturgy The principal non Buddhist philosophical systems of ancient India are then summarized and contrasted with the hierarchical meditative concentrations and formless absorptions through which the summit of cyclic existence can genuinely be attained Part Two examines the phenomenological structures of Abhidharma the shared inheritance of all Buddhist traditions from three distinct perspectives corresponding to the three successive turnings of the doctrinal wheel A Global History of Buddhism and Medicine C. Pierce Salguero, 2022-02-01 Medicine health and healing have been central to Buddhism since its origins Long before the global popularity of mindfulness and meditation Buddhism provided cultures around the world with conceptual tools to understand illness as well as a range of therapies and interventions for care of the sick Today Buddhist traditions healers and institutions continue to exert a tangible influence on medical care in societies both inside and outside Asia including in the areas of mental health biomedicine and even in responses to the COVID 19 pandemic However the global history of the relationship between Buddhism and medicine remains largely untold This book is a wide ranging and accessible account of the interplay between Buddhism and medicine over the past two and a half millennia C Pierce Salguero traces the intertwining threads linking ideas practices and texts from many different times and places He shows that Buddhism has played a crucial role in cross cultural medical exchange globally and that Buddhist knowledge formed the nucleus for many types of traditional practices that still thrive today throughout Asia Although Buddhist medicine has always been embedded in local contexts and differs markedly across cultures Salguero identifies key patterns that have persisted throughout this long history This book will be informative and invaluable for scholars students and practitioners of both Buddhism and complementary and alternative medicine **Soundings in Tibetan Medicine** International Association for Tibetan Studies. Seminar, 2007 This collection of studies on the anthropology and history of Tibetan medicine provides fascinating new insights into both dynamic developments and historical continuities in medical knowledge and practice that have been manifest in a range of traditional and contemporary Tibetan societies Buddhism and the Senses Robert DeCroli, Donald S. Lopez Jr., 2024-09-24 Across Buddhist traditions the five senses sight sound smell taste and touch are perceived both positively and negatively Share our eminent scholars fascination and deep insight into what makes a sensuous experience good or bad Following on the exhibition Encountering the Buddha Art and Practice across Asia at the National Museum of Asian Art ten eminent scholars present their insights into Buddhism's fascinating relation with the five senses sight sound smell taste and touch which careens between delight and disgust rarely finding a middle way While much of Buddhist literature is devoted to overcoming the attachment that dooms us to rebirth in samsara primarily by deprecating sense experience and showing that whatever brings us sensual pleasure leads only to physical and mental pain in texts such as the Lotus Sutra sensory powers do not offer sensory pleasure but rather knowledge clear observation and ability to teach the Dharma Considering such religiously and historically contingent ambiguity this volume presents each of the five senses in two instantiations the good and the bad opening up the discourse on the senses across Buddhist traditions

Just as the museum departed from tradition to incorporate sensory experiences into the exhibition this volume is a new direction in scholarship to humanize Buddhist studies by foregrounding sensory experience and practice inviting the reader to think about the senses in a focused manner and shifting our understanding of Buddhism from the conceptual to the material or practical from the idealized to the human from the abstract to the grounded from the mind to the body

Medicine Between Science and Religion Vincanne Adams, Mona Schrempf, Sienna R. Craig, 2010-12-01 There is a growing interest in studies that document the relationship between science and medicine as ideas practices technologies and outcomes across cultural national geographic terrain Tibetan medicine is not only known as a scholarly medical tradition among other Asian medical systems with many centuries of technological clinical and pharmacological innovation it also survives today as a complex medical resource across many Asian nations from India and Bhutan to Mongolia Tibet TAR and China Buryatia as well as in Western Europe and the Americas The contributions to this volume explore in equal measure the impacts of western science and biomedicine on Tibetan grounds i e among Tibetans across China the Himalaya and exile communities as well as in relation to globalized Tibetan medicine and the ways that local practices change how such science gets done and how this continually hybridized medical knowledge is transmitted and put into practice As such this volume contributes to explorations into the bi directional flows of medical knowledge and practice Heroes and Saints Phyllis Granoff, Koichi Shinohara, 2009-05-05 The present volume makes a unique contribution to the study of dying in ancient cultures by focusing on what happens in the critical moments before death Employing a wide range of literary sources the essays in this volume focus exclusively on the moment of death and practices associated with the transition from this world to the next Five of the essays deal with Asian religions primarily Buddhism in India Tibet China and Japan The other five essays deal with the moment of death in the West old Norse Icelandic Old English and the Judeo Christian tradition The authors explore the many ways in which the good death was envisioned Remarkable parallels emerge between the good death in religious texts and in heroic sagas Despite the diversity of cultures time periods and religious traditions represented in these essays this volume vividly illustrates the fundamental human need to see in the inevitable moment of death a possibility of Preventive Therapy in Complimentary Medicine Lumumba Umunna Ubani, 2011-07-05 This choice and a promise of hope marvelous new book encourages natural prevention treatment and healing It is brilliant and comprehensive journal The core focus of this most important volume is to liberate humankind from the pain and suffering of ill health It is carefully written to guide men and women from all facets of society who are presently engaged in complementary medicine freeing them from the limitations of synthetic and toxic applications of mainstream medical practice trends Dr Ubani's extensive knowledge and authentic expertise of natural medicine homeopathy African photo medicine nutrition and dietary therapy is compounded in this spectacular revelation These will educate the practitioners and laymen alike about the momentous necessity and importance of preventive therapy in our lives Healing from the Source Dr. Yeshi Dhonden, 2000-03-27 In this remarkable

contemporary presentation of the theory and practice of Tibetan medicine Dr Yeshi Dhonden twenty years the personal physician of H H the Dalai Lama draws from over fifty years of practicing and teaching this ancient tradition of healing This volume vividly presents a series of lectures Dr Dhonden gave before a group of health care professionals at California Pacific Medical Center in San Francisco This lecture series was presented during the planning stages of a research project at the University of California San Francisco to test Dr Dhonden's medical treatment for metastatic breast cancer This research project caught the interest of NBC s Dateline which filmed an hour long documentary of it that aired in January 2000 Dr Dhonden elucidates the holistic Tibetan medical view of health and disease referring to traditional Tibetan medical sources as well as his own experiences as a doctor practicing in Tibet India and numerous countries throughout Europe and America His presentation is delightfully complemented by many anecdotes drawing from the ancient lore of popular folk medicine in Tibet For health care professionals anthropologists historians of medicine medical ethicists and the general public interested in Tibetan medicine this book is a fascinating contribution by one of the foremost practitioners of Tibetan medicine in the modern world Courtesans and Tantric Consorts Serinity Young, 2004 The wisest teachings of Buddhism say that like all oppositions one must move beyond gender But as Serinity Young shows in this enlightening work the rhetoric of Buddhist texts the symbolism of its iconography and the performative import of its rituals tell different and often contradictory stories In Courtesans and Tantric Consorts Serinity Young takes the reader on a journey through more than 2000 years of biographical writings iconographic depictions and ritual practices revealing Buddhism's deep struggles with gender Juxtaposing empowering images of women with their textual repudiation beginning with the Buddha himself who abandoned his wife tantric courtesans who are considered necessary to male enlightenment with fertility rituals designed to ensure male offspring tales of gender bending gods and goddesses with all male heavens Serinity Young draws on a vast range of sources to reveal the colourful and often troubling mosaic of beliefs that inform Buddhist views about gender and sexuality

Locating the Medical Rohan Deb Roy, Guy N.A. Attewell, 2017-11-21 This volume interrogates the foundational categories that have come to define medical science in modern South Asia It seeks to probe issues such as what constitutes the medical in which context and who defines it This is achieved through case studies that range from the nineteenth to twenty first centuries from colonial Bengal and British Burma to present day Andaman Islands and Ladakh By examining the close interactions between political authorities corporeal knowledge and objects of governance in a sustained manner the domains of the medical and the non medical are revealed to be more blurred and porous than apparent This provides us with new perspectives on the co-production of medicine and social worlds by actors and agencies in specific times and places

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